



## Who Are We?


**Chicago Latin Fitness™** is our mission to promote healthy life styles and enhance total well being through high quality fitness and wellness programs.

Our high energy, professional instructors are certified above industry standards with years of experience teaching a variety of programs for all ages.

## What We Do?

 **Zumba®** - Are you ready to party yourself into shape? This dance-fitness class incorporates international music and dance to create a dynamic and exciting fitness program.

 **Zumba Toning®** - Using our specialized Toning Sticks this class combines targeted body sculpting exercises with the high-energy cardio of Zumba.

 **Sculpt and Core** - Targeted exercises that sculpt both upper and lower body with proper form and technique to maximize results.

 **Cycle and Stretch** - Burn fat and tone muscle without joint impact and stretch to improve range of motion and flexibility.

 **Strength Training** - Activity specific workout to improve overall body strength to burn fat.

## We also offer specialty programs

Personalized Fitness Programs & Fitness Assessments

Specialty classes include yoga, kickboxing, bootcamp and children's programs. Classes offered on site.



## A Few Helpful Tips.....

Make sure you have your doctor's approval before you begin any exercise regimen.

ALWAYS bring water!

Wear comfortable clothing that you can move easily in.

A towel is good for those days we really sweat.....which is everyday.

Gym shoes that will allow you to move and pivot with ease. Clean soles appreciated.

A change of clothes will keep you from getting sick during the chilly months and help you stay cool during warmer seasons.

Want to take a Zumba® Toning class? We provide the Zumba® Toning Sticks (limited supply) or bring your own sticks/dumbbells (must be under 3lbs. for safety reasons)

Arrive a few minutes early and give yourself plenty of time. You don't want to miss your warm-up.

Some classes get relocated from time to time, if unsure please check website, social media or text listed number.

Children are not allowed in the studio or in waiting areas for safety reasons.

We welcome online reviews and suggestions.

We appreciate your business!

**Chicago Latin Fitness**  
[www.chicagolatinfitness.com](http://www.chicagolatinfitness.com)

Mailing Address: 3332 W. Foster Ave. Suite 185  
Chicago, IL 60625

Phone: 773.517.7201

E-Mail: [chicagolatinfitness@yahoo.com](mailto:chicagolatinfitness@yahoo.com)



AS SEEN ON



[www.chicagolatinfitness.com](http://www.chicagolatinfitness.com)

773.517.7201



# Winter Weekly Schedule effective 1/4/16, subject to change



Day	Time	Format	Location
Monday	5:30pm	Sculpt & Core	Jesse White Center <i>Starts 9/21</i> 410 W. Chicago Ave 60654
	6:00pm	ZUMBA®	Broadway Armory Park 5917 N. Broadway Ave 60660
	6:30pm	ZUMBA®	Jesse White Center
	8:00pm	ZUMBA® Toning	NEIU PE Complex Studio 5330 N. St Louis Ave 60625
Tuesday	6:30pm	Sculpt & Core	Sauganash Park 5861 N. Kostner Ave 60646
	7:30pm	ZUMBA®	Sauganash Park
Wednesday	6:00pm	ZUMBA®	Broadway Armory Park 5917 N. Broadway Ave 60660
	8:00pm	ZUMBA® Toning	NEIU PE Complex Studio 5330 N. St Louis Ave 60625
Thursday	5:30pm	Sculpt & Core	Jesse White Center 410 W. Chicago Ave 60654
	6:30pm	Cycle & Stretch	Jesse White Center
	6:30pm	Sculpt & Core	Sauganash Park 5861 N. Kostner Ave 60646
	7:30pm	ZUMBA®	Sauganash Park
Saturday	9:30am	ZUMBA®	NEIU PE Complex 5330 N. St Louis Ave 60625
	1:00pm	ZUMBA®	Broadway Armory Park 5917 N. Broadway Ave 60660

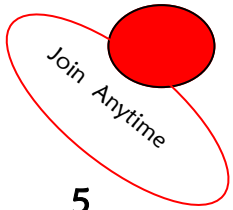
**Strength Training Sessions at NEIU**  
**Saturday & Sunday 8am**  
*Session A 1/22—2/26 Session B 3/18—4/22*  
**6 week/12 classes \$175**  
 All levels welcome, sign up today.



**Friday 7pm Yoga at NEIU PE Complex**  
*Session A 1/22—2/26 Session B 3/18—4/22*  
**6 weeks session**  
**\$60 drop in \$ 12**

No experience required, equipment available.

## What's Best For You.....



### CLF Class Packages

Classes	25	12	5
Fee	\$100	\$60	\$30
<i>Expires</i>	<i>120 days</i>	<i>90 days</i>	<i>60 days</i>

### Single drop in class \$10

Class packages may be used towards classes listed on weekly schedule. Packages have an expiration date as listed above from date of purchase and cannot be extended.

### CLF Monthly Membership

Weekly classes	4	3	2	1
Monthly fee	\$65	\$55	\$45	\$35

Unlimited weekly classes: \$75 monthly

Membership may be used towards classes listed on weekly schedule. Monthly membership requires a \$10 registration fee due at time of initial purchase. To avoid recurring monthly registration fees, renew your membership before its expiration date.

Memberships are due every 30 days from purchase date. Memberships are non-refundable and there are no breaks in-between are allowed. Any class make-ups must be done within current month.

### Save an additional 10%!

Enroll in CLF Automated Pay and you can save 10% on any session package or membership. Requires 6 month commitment.

All sales are final. No refunds or exchanges. Prices, schedule and instructors are subject to change without notice.

Check our website and social media to stay updated.

**CHICAGO LATIN FITNESS™**  
**www.chicagolatinfitness.com**  
**773.517.7201**