

MONDAY, OCTOBER 16 – SATURDAY, OCTOBER 21Come to class early. Class sizes are limited! **FREE** classes & skin cancer screenings are open to everyone 14 & up.**Monday Night Yoga, Pilates, Aquacise, Strength & Bone Density, Ballet for Fitness, and any class held at the Woodridge Park District or ARC are not offered.***MON
16****5:30-6:20am** | **FREE CLASS! Group Training** | Rec Center Athletic Space**6:00-7:30pm** | **FREE PERSONAL TRAINING CONSULTATION!***

by Certified Personal Trainer, John Mizoguchi (30-minute session)

Community Center, Rm. B

Advance sign-up required at CPF Front Desk or by calling 630-353-4318*7:00-7:45pm** | **FREE CLASS! Core Circuit** | Rec Center Athletic Space**TUE
17****9:00am** | **FREE SKIN CANCER SCREENINGS!***

by Dr. Lana Kashlan of Chicago Dermatology Cosmetic Center

Community Center Lobby

Drop-in for screening of face, head, arms, hands, legs & feet only. No advance sign-up required.*5:45-6:30pm** | **FREE CLASS! Zumba** | Rec Center Athletic Space**WED
18****5:30-6:20am** | **FREE CLASS! Group Training** | Rec Center Athletic Space**10:00-11:00am** | **FREE CLASS! Yoga** | Community Center, Rm. C**6:00-7:30pm** | **FREE PERSONAL TRAINING CONSULTATION!***

by Certified Personal Trainer, John Mizoguchi (30-minute session)

Community Center, Rm. B

Advance sign-up required at CPF Front Desk or by calling 630-353-4318*6:30-7:30pm** | **FREE CLASS! Pilates Yoga Fusion** | Community Center, Rm. C**7:00-7:45pm** | **FREE CLASS! Tabata Training** | Rec Center Athletic Space**THU
19****4:30-6:30pm** | **FREE SHOE EVALUATION!***

by Dick Pond, Lisle - Community Center Lobby

Drop-in. No advance sign-up required.*SAT
21****7:30-8:15am** | **FREE CLASS! Cycle Mix** | Community Center, Rm. B**8:45-9:45am** | **FREE CLASS! Pilates Yoga Fusion** | Community Center, Rm. C**10:00-11:00am** | **FREE CLASS! Yoga** | Community Center, Rm. C**EXCLUSIVE
OFFERS!****FREE SHAKER BOTTLE** when you sign up for the following...**10% OFF Fitness Membership*****Buy 5 Personal Training Sessions, Get 1 FREE*****Offers available during Fitness Week only. Discount off new & renewal memberships when annual fee is paid in full. Continuous memberships & partner training not included.*