

FITNESS CLASSES

ZUMBA & ZUMBA TONING

MONDAY - 7:00PM - 8:00PM
WEDNESDAY - 6:00PM - 7:00PM

YOGA

MONDAY - GENTLE YOGA 5:30PM - 6:45PM
THURSDAY - VINYOSA FLOW YOGA 6:15PM - 7:30PM
SATURDAY - POWER YOGA 9:00AM - 10:15AM

WATER AEROBICS

MONDAY THRU FRIDAY - 9:00AM - 10:00AM
TUESDAY & THURSDAY - 8:00AM - 9:00AM
TUESDAY & THURSDAY - 6:00PM - 7:00PM

FITNESS CENTER AND POOL OPEN DAILY - MONDAY THROUGH THURSDAY 5AM-10PM, FRIDAY-SATURDAY 5AM-11PM.
ALL CLASSES ARE INCLUDED WITH GUEST STAY AND FITNESS CENTER MEMBERSHIP.



ILLINOIS BEACH HOTEL FITNESS CENTER
1 LAKE FRONT DRIVE, ZION, IL 60099
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