

FITNESS & TENNIS

Fit4Mom (Ages 18 & up w/ child)

Fit4Mom of Greater Northwest Chicago Suburbs offers fitness classes to moms of all ages and stages of motherhood right here in Hawthorn Woods. From Stroller Fitness classes to HIIT style classes, there is something for all parents with Fit4Mom. Fit4Mom not only offers you the opportunity to exercise, but also offers you a network of moms with common goals. Your first class is free! Visit greaternwchi.fit4mom.com to register for your free class now.



Sept. 3 - Dec. 20

Hawthorn Woods Aquatic Center - Community Room

Registration Information: greaternwchi.fit4mom.com

Class	Days	Times
Stroller Strides	Mon/Wed/Fri	9:30 a.m. - 10:30 p.m.
Body Back Membership	Sun	7:30 a.m. - 8:30 a.m.
Body Ignite	Tues/Thurs	7:30 p.m. - 8:30 p.m.



QuickStart Tennis (Ages 4 & up)

QuickStart Tennis is used to help develop skills and play tennis games utilizing smaller sized rackets, low compression tennis balls, and smaller court sizes. This program develops proper technique, skill and is fun for all ages. Students progress at a faster pace through each skill test using proper tennis balls and courts designed for their own unique abilities and needs. Please bring a tennis racket, gym shoes, and water. All tennis balls and other equipment will be provided. Instructed by Inspire Tennis Academy.

Thurs, Sept. 5 - Oct. 24

Heritage Oaks Park

Fees: \$136/Res; \$156/Non-Res

Level	Ages	Dates	Days	Times	Code
Pee Wee	4-6	Sept. 5 - Oct. 24	Thurs.	3:00 p.m. - 4:00 p.m.	2648
Beginner/ Advanced Beginner	6-8	Sept. 5 - Oct. 24	Thurs.	4:00 p.m. - 5:00 p.m.	2654
Beginner/ Advanced Beginner	8-10	Sept. 5 - Oct. 24	Thurs.	4:00 p.m. - 5:00 p.m.	2655
Advanced Beginner/ Intermediate	10 & up	Sept. 5 - Oct. 24	Thurs.	5:00 p.m. - 6:00 p.m.	2656
Advanced Beginner/ Intermediate	12 & up	Sept. 5 - Oct. 24	Thurs.	5:00 p.m. - 6:00 p.m.	2657

