

CHICAGO FITNESS PLUS COMMUNITY EXERCISE CLASSES

NORTHEAST REGION

<u>SITE NAME</u>	<u>ADDRESS</u>	<u>WARD</u>	<u>DAYS/TIME</u>
American Indian Center	1620 W. Wilson	40	M & W - 11 AM
Berger Park	66205 N. Sheridan	40	T & TH - 9:00 AM
Edgewater Senior Center	5917 N. Broadway Ave.	40	T - 10:30 AM TH - 11:30 AM
Commonwealth Apts.	2757 N. Pine Grove	43	T & TH - 10:30 AM
Devon/Sheridan Apts.	6400 N. Sheridan	40	M & W - 4:00 PM
Loyola/Ridge Apts.	1930 W. Loyola	50	M & W - 3:00 PM
Midwest Golden Club	1124 W. Rosemont	49	M & W - 1:30 PM

NORTHWEST REGION

<u>SITE NAME</u>	<u>ADDRESS</u>	<u>WARD</u>	<u>DAYS/TIME</u>
Biagio's	4242 N. Central	38	T & TH - 9:30 AM
Montrose Baptist Church	4411 N. Melvina	38	M & W-11:15 AM
North Park Village	5801 North Pulaski, Bldg.H	39	M & W - 10:05 AM
St. Tarcissus Church	6040 W. Ardmore	45	T & TH- 9 AM
Edison Park Church	6740 N. Oliphant	41	T & TH - 8:30 AM
Kelvyn Park	2715 N. Cicero	31	M, W& F- 10AM
Norwood Park	5801 N. Natoma	41	M, W & F - 9 AM & 1 PM
North Center	4040 N. Oakley	47	M & W-10:30 AM T & TH- 9 AM F-9:15 AM
Portage Park	4100 N. Long	38	M & W - 10 AM T & TH - 10:30 AM T- 1 PM & F-2 PM

CENTRAL WEST REGION

<u>SITE NAME</u>	<u>ADDRESS</u>	<u>WARD</u>	<u>DAYS/TIME</u>
Austin Center	5071 W. Congress Pkwy.	28	M, W&F- 11:15 AM T & TH-10:30 AM & 11:30 AM
Chinese Community Center	250 W. 22 nd Place	25	T & TH- 10:15 AM
Dvorak Park (Park District)	1119 W. Cullerton	25	M & W - 9:00 AM
Harrison Park (Park District)	1824 S. Wood	25	T & TH - 9:00 AM
Ike Sims Village	3333 W. Maypole	28	T & TH - 1:45 PM
Linden House Apts.	2315 W. Le Moyne	10	W & F - 11:00 AM
Green castle of Garfield I	3811 W. Washington	29	T & TH - 1 PM
West Town Center	1613 W. Chicago Ave.	10	M, W&F -9:30 AM T & TH-10:30 AM

SOUTHEAST REGION

<u>SITE NAME</u>	<u>ADDRESS</u>	<u>WARD</u>	<u>DAYS/TIME</u>
Abbott Park	49 E. 95 th Street	10	M, W&F - 10:30 AM T & TH - 1 PM
91 ST & So. Chicago Apts.	9141-77 S. So. Chicago	7	M & W - 2 PM
St. Ailbe Apts.	9420 S. Kimbark	10	M & W - 2 PM
Barry Manor Apts.	737 E. 69 th St.	6	T & TH - 11 AM
Hyde Park Club	5480 S. Kenwood	4	T & TH - 10:15 AM
Lincoln Perry Apts.	3245 S. Prairie	3	T & TH - 9 AM
Maudelle Brown Apts.	4949 S. Cottage Gr.	4	M & W - 11:15 AM
Park Manor Church	7000 S. King Drive	6	M & F - 10:30 AM
Paul Stewart Apts.	400 East 41 st St.	3	T & TH - 9:00 AM
St. Kevin Church	10501 S. Torrence Ave.	10	M & W - 9 AM
Tolton Manor Apts	6345 S. Stewart	20	T & TH - 12:30 PM
Willa Rawls Apts.	4120 S. Indiana	3	M & W - 3:30 PM



SOUTHWEST REGION

<u>SITE NAME</u>	<u>ADDRESS</u>	<u>WARD</u>	<u>DAYS/TIME</u>
Auburn Gresham	1040 W. 79 th St.	17	M & W - 10:30 AM T, TH & F - 1 PM
Benton Community House	3052 S. Gratten	11	M & W - 10 AM
Chatham Center	8300 S. Cottage Ave.	17	M, W & F - 10:30 AM & 1 PM
Englewood Center	653-657 W. 63 rd St.	21	M, W & F - 10 AM T & TH - 9:30 AM & 1 PM
Englewood Salvation Army	845 W. 69 th St.	21	T & TH - 10:05 AM
Garfield Ridge Center	5672 S. Archer Ave.	23	M, W, & F - 8:45 AM & TH - 1:15 PM
Vincennes Senior Center	7326 S. Yale	17	T & TH - 10:15 AM
Washington Heights	848 W. 103 rd	34	T & TH - 9 AM
St. Sabina Elders Village	1222 W. 79 th St.	17	M & W - 8:30 AM

Note: Times and locations are subject to change.