



June 2011

Monday	10:30a	Cardio Samba (June 6 & 13 Only)	Dill
	11:30a	Body Double Chisel™	Tonia
	6:00p	Body Pump™	Christina
	7:00p	Zumba®	MaryMonica
	8:00p	Total Tease™	Tonia
Tuesday	10:30a	One Fit Mama®*	Tricia
	11:30a	Bounce™ (Cardio Dance)	Tonia
	12:30p	Abs & Buns (30mins)	Tonia
	5:30p	Cardio Kickboxing	Alma
	6:30p	Zumba® Toning	Pierre
	7:30p	Bollywood Beats	Gopi
	8:30p	Bounce: Hip Hop Body Rock™	Tonia
Wednesday	10:30a	Zumba®	Pierre
	12:30p	Cardio Drench + Sculpt	Tonia
	5:00p	Video Remix (June 1 & 8 Only)	Tonia
	6:00p	Kickass Conditioning	Tricia
	7:00p	Zumba®	Pierre
	8:00p	Dancehall Drench	Tonia
Thursday	10:30a	Cardio Kickboxing	Kareem
	12:00p	Piyo™ (Starts 6/9)	Tonia
	5:30p	Belly Dancing	Jobella
	6:30p	Urban Dance Party	Uyshica
	7:30p	Cardio Kickboxing	Kareem
	8:30p	Zumba®	Pierre
Friday	10:30a	Zumba® Toning	Pierre
	5:30p	Zumba®	Sue
	6:30p	Body Pump™ (6/3 and 6/10)	Christina
Saturday		No Saturday Classes 6/4	@ MILLENNIUM PARK
	9:00a	Zumba® (June 25 th only)	Pierre
	10:00a	Cardio Kickboxing	Alma
	11:00a	Pilates Fusion	Tom
	12:00p	Zumba®	MaryMonica
	1:30p	Cardio Samba	Dill
Sunday	9:00a	Running Club*	Staff
	10:00a	Piyo™ (No Class 6/26)	Tonia
	11:00a	Zumba®	MaryMonica
	12:30p	Pilates Fusion	Tom
	1:30p	Totally Awesome 80s Cardio	Tom
	2:30p	Zumba®	Serena



Always A Party...Never A Workout!
Solao @ Millneium Park

**Join us as we take the party to
 Millenium Park!**
Priztker Pavilion Lawn
June 4, 11 and 18th @ 10a
FREE!!!

**Bring your friends and family to
 party with Pierre, MaryMonica,
 Tonia, Christina, Sue and Serena**

NEW!!! SPIN CLASSES

**Join us as we introduce
 cardio cycle classes at
 Kareem Team Fitness**
2116 W. Grand Ave. Chicago, IL
Tuesdays @ 7p w/ Tonia
Register at:

<https://clients.mindbodyonline.com/ASP/home.asp?studioid=9501>

FitPlus 6:™ Beach Bound Fitness Challenge!

**Get beach body ready with our
 6 week fitness challenge!**
June 5-July 17

**Workshops, special classes,
 cooking demos & more!**

**June Video Remix Song:
 Drop It Low by Kat Deluna**

Class Pricing:

- \$15 for Drop In
- 15 Class Pass for \$180
- 25 Class Pass for \$250
- Memberships Available

1616 N. Western Ave, Chicago, IL 60647
www.solaofitness.com
 (773) 235-7500
 (773) 357-6526 (cancellations)

*Classes marked with an asterisk are Specialty Program sessions and are not included in all Memberships and may involve an additional cost.

REGISTRATION POLICY: Advanced online class reservation is required. **Registration opens 7 days in advance, beginning at 6am.** Class size is limited. While we welcome walk-ins, to guarantee your space in class, pre-register for class to avoid disappointment. All clients must cancel their class reservations 2 hours prior to class. Cancellations made less than 2 hours prior to the scheduled class, will be considered a "late cancel" or "no-show" and you will be billed for the class. (Clients will be billed \$15 for each late cancellation/no show or one class on certain Class Passes). No refunds or class credits will be given. Frequent late cancellations or no-shows may result in the loss of pre-registration privileges. For safety reasons, and as a courtesy to Members and guests, no one will be admitted in any class 10 minutes after the class begins. Classes are subject to change at any time. Current schedule is available on our online registration page at www.solaofitness.com. Classes with less than 3 reservations may be canceled 2 hours before class starts.