

All Classes 8 Weeks Long. Starting June 6 to July 31

*Except the following:

Adult Fitness – 4 Weeks – July 5 to July 30

- Classes must have a Minimum of 4 Participants to enroll in ongoing.
- There is no Gum, Food, or Drinks allowed on the Gym Floor.
- Enrollment considered when enrollment form and tuition have been received.

\$5.00 Processing Fee for Credit Cards

BIRTHDAY PARTIES **\$100**

Saturdays & Sundays – 10am to 2pm

Non-Catered, Activities can include:

- Basketball, Volleyball, or Gymnastics

TIME: 90 Minutes (45 Gym, 45 Hall)

Up to 12 Kids. \$10/Extra Kid up to 5.

(Please Contact for More Information)

PRIVATE LESSONS AVAILABLE

We offer Private Gymnastics, Dance,

Volleyball, and Fitness Lessons.

Contact for more information.

NUTRITION PROGRAM

Dietary Logging, Weight Loss,

Essential Nutrition Basics and

Advanced Methods.

American Sokol Tabor Summer Program

	Monday	Tuesday	Wednesday	Thursday	Friday		
10:00		Senior Fitness	Tots	Senior Fitness	Tots		
10:30							
11:00		Jazz/Hip-Hop		Poms Technique			
11:30							
12:00		Poms Technique		AYP			
12:30							
1:00	Beg. Boys Gymnastics	Beg. Girls Gymnastics	Beg. Boys Gymnastics	Beg. Girls Gymnastics	REX = Recreation Exercise		
1:30							
2:00	Boys Tumbling	Girls Tumbling	Boys Vaulting	Girls Vaulting			
2:30					Walk This Way		
3:00	Adv. Boys Gymnastics	Adv. Girls Gymnastics	Adv. Boys Gymnastics	Adv. Girls Gymnastics			
3:30							
4:00		AYP	Special Needs Gymnastics	Jazz/Hip-Hop			
4:30							
6:00			Girls Volleyball				
6:30							
7:00	Adult Fitness	Open Basketball	Nutrition Class	Women Volleyball Class	Boys Volleyball	Men Volleyball Class	
7:30				Adult Fitness		Adult Fitness	
8:00				Women Volleyball League			
8:30							
9:00							
9:30							
10:00							

GYMNASTICS **\$39**

Tots Gymnastics/Fitness
Beginner Girls (Level 1-3)
Advanced Girls (Level 4+)
Beginner Boys (Level 1-3)
Advanced Boys (Level 4+)
Tumbling
Mini-Tramp Vaulting

WORKOUT ROOM **\$25**

FITNESS & DANCE CLASSES **\$39**

Senior Fitness
REX=Recreation Exercise
Walk This Way
AYP (Aerobics, Yoga & Pilates)
HipHop/Jazz
Poms Technique

OPEN GYM **\$5**

Basketball
Volleyball

VOLLEYBALL **\$39**

Girls Volleyball
Boys Volleyball
Womens Volleyball
Mens Volleyball

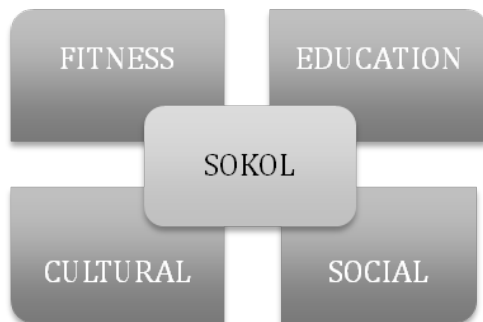
WOMENS VOLLEYBALL LEAGUE

Teams of 6 **\$100/Team**

MENS POWER 4'S LEAGUE

Teams of 4 **\$100/Team**

THE CORE OF
THE
COMMUNITY



For over 143 years American Sokol remains an organization dedicated to the physical, mental, and cultural advancement of its members, the youth and adults that attend its programs and the local communities we serve.

Convenient location, affordable and ready to be the core of your community.

**1602 S CLARENCE AVE
BERWYN IL
CONTACT: KEN FRON
708.969.2334**



TABOR

SUMMER PROGRAMS

JUNE - JULY 2010

FITNESS & FUN

FOR THE WHOLE

COMMUNITY

SIGN UP NOW!

CLASSES START JUNE 6TH

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