

April 3 - May 28, 2017 Team Training

Lindenhurst Health & Fitness Center



Each team will meet with their trainer for 60 minutes per session over 8 weeks.

**LOSE TO WIN
PARTICIPANTS**

**15%
OFF**



Brian Balkam

Tuesday 5:15 a.m.
Thursday 5:15 a.m.



Danielle Buntrock

Tuesday 8:30 a.m.
Wednesday 9:00 a.m.



Nikki Brooks

Wednesday 5:15 a.m.



Sara Mahoney

Tuesday 9:00 a.m.



Jessica Ervin

Tuesday 5:15 a.m.
Thursday 5:15 a.m.



NICOLE MICHEHL

Monday 6:00 p.m.
Saturday 9:00 a.m.

Team Training Information:

- You must sign up for entire 8 weeks to guarantee your spot in team training.
- No refunds, cancellations or proration
- Drop-ins are welcome if space is available.
- All sessions must be paid for on or before the day of training

For more information, contact Brian Balkam, Fitness Manager at 847.535.7621 or bbalkam@nm.org.

 **Northwestern
Medicine**
Lindenhurst Health & Fitness Center