

6 Week Team Training

October 9 - November 19

Lindenhurst Health & Fitness Center



Each team will meet with their trainer for 60 minutes each session over 6 weeks.



BRIAN BALKAM

Tuesday & Thursday
5:15 a.m.



DANIELLE BUNTROCK

Tuesday
8:30 a.m.



NIKKI BROOKS

Wednesday
5:15 a.m.

This 6-week session will be drop-in only.
No packages. Price:\$22.50/class

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

 **Northwestern**
Medicine
Lindenhurst Health & Fitness Center