



# Nia is for Every Body

Fill out this form and bring it with you when you walk into the next class so we can keep you informed of our schedule

First Name

Last Name

Street

City, Zip, State

Email

Phone

Contact Lynett at  
312/ 315-2432 or  
lynett@puttermania.com  
www.puttermania.com



## Fall Schedule 2017

### September

#### Chicago

Lynett teaches	Tuesdays 9:00am-10:15am	Sept. 12, 19, 26
Lynett teaches	Thursdays 9:00am-10:00am	Sept. 14, 21, 28

#### Franciscan Omni Health and Fitness (Formerly known as Duneland)

Lynett & Allan teach	Saturdays 10:45am – noon	Sept. 9, 16, 23, 30
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#### East Bank Club

Lynett teaches	Mondays 10:00am-11:00am	Sept. 11, 18, 25
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### October

#### Chicago

Lynett teaches	Tuesdays 9:00am-10:15am	Oct. 3, 17, 24, 31
Lynett teaches	Thursdays 9:00am-10:00am	Oct. 5, 19, 26

#### Franciscan Omni Health and Fitness (Formerly known as Duneland)

Lynett & Allan teach	Saturdays 10:45am-noon	Oct. 21, 28
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#### East Bank Club

Lynett teaches	Mondays 10:00am-11:00am	Oct. 2, 16, 23, 30
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### November

#### Chicago

Lynett teaches	Tuesdays 9:00am-10:15am	Nov. 14, 21, 28
Lynett teaches	Thursdays 9:00am-10:00am	Nov. 2, 9, 16, 30

#### Franciscan Omni Health and Fitness (Formerly known as Duneland)

Lynett & Allan teach	Saturdays 10:45am-noon	Nov. 4, 11, 18
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#### East Bank Club

Lynett teaches	Mondays 10:00am-11:00am	Nov. 6, 13, 20, 27
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### Addresses

#### Chicago

161 E. Chicago Ave,  
party room 24th floor

#### Franciscan Omni Health & Fitness (Formerly known as Duneland)

810 Michael Dr.  
Chesterton, Indiana  
Call Lynett at 312-315-2432 for  
schedule and fees

#### East Bank Club

500 North Kingsbury St.

### Nia: Release and Mobilize

\*\*\* Lynett will be teaching a  
Self-Healing class involving  
5 different phases of  
movement and  
acupressure work with  
tennis balls, to music.

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