



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



Spring Schedule 2017

March

Chicago

Lynett teaches Tuesdays 9:00am-10:30am Mar. 7, 14, 21, 28
Lynett teaches Thursdays 9:00am-10:30am Mar. 2, 9, 23, 30

Franciscan Omni Health and Fitness (Formerly known as Duneland)

Lynett & Allan teach Saturdays 11:15am-12:30pm Mar. 4, 11, 25

East Bank Club

Lynett teaches Mondays 10:00am-11:00am Mar. 6, 13, 20, 27

April

Chicago

Lynett teaches Tuesdays 9:00am-10:30am Apr. 4, 11
Lynett teaches Thursdays 9:00am-10:30am Apr. 6, 13

Franciscan Omni Health and Fitness (Formerly known as Duneland)

Lynett & Allan teach Saturdays 10:45am-noon Apr. 1, 8, 15

East Bank Club

Lynett teaches Mondays 10:00am-11:00am Apr. 3, 10

May

Chicago

Lynett teaches Tuesdays 9:00am-10:30am May 2, 9, 16, 23, 30
Lynett teaches Thursdays 9:00am-10:30am May 4, 11, 18, 25

Franciscan Omni Health and Fitness (Formerly known as Duneland)

Lynett & Allan teach Saturdays 10:45am-noon May 6, 13, 20, 27

East Bank Club

Lynett teaches Mondays 10:00am-11:00am May 1, 8, 15, 22, 29

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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