



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
lynnett@puttermania.com
www.puttermania.com



Summer Schedule 2017

June

Chicago

Lynett teaches Tuesdays 9:00am-10:15am June 6, 13, 20, 27
Lynett teaches Thursdays 9:00am-10:00am June 1, 8, 15, 22, 29

Franciscan Omni Health and Fitness (Formerly known as Duneland)

Lynett & Allan teach Saturdays 10:45am – noon June 3, 10, 17, 24

East Bank Club

Lynett teaches Mondays 10:00am-11:00am June 5, 12, 19, 26

July

Chicago

Lynett teaches Tuesdays 9:00am-10:15am July 11, 18, 25
Lynett teaches Thursdays 9:00am-10:00am July 6, 13, 20, 27

Franciscan Omni Health and Fitness (Formerly known as Duneland)

Lynett & Allan teach Saturdays 10:45am-noon July 1, 8, 15, 22, 29

East Bank Club

Lynett teaches Mondays 10:00am-11:00am July 10, 17, 24, 31

August

Chicago

Lynett teaches Tuesdays 9:00am-10:15am Aug. 1, 8, 15, 22, 29
Lynett teaches Thursdays 9:00am-10:00am Aug. 3, 10, 17, 24

Franciscan Omni Health and Fitness (Formerly known as Duneland)

Lynett & Allan teach Saturdays 10:45am-noon Aug. 5, 12, 19, 26

East Bank Club

Lynett teaches Mondays 10:00am-11:00am Aug. 7, 14, 21, 28

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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