



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



Winter Schedule 2017-18

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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December

Chicago

Lynett teaches Tuesdays 9:00am-10:15am Dec. 5, 12, 19
Lynett teaches Thursdays 9:00am-10:00am Dec. 7, 14, 21

Franciscan Omni Health and Fitness (Formerly known as Duneland)

Lynett & Allan teach Saturdays 10:45am – noon Dec. 2, 9, 16, 30

East Bank Club

Lynett teaches Mondays 10:00am-11:00am Dec. 4, 11, 18

January

Chicago

Lynett teaches Tuesdays 9:00am-10:15am Jan. 2, 9, 16, 23, 30
Lynett teaches Thursdays 9:00am-10:00am Jan. 4, 11, 25

Franciscan Omni Health and Fitness (Formerly known as Duneland)

Lynett & Allan teach Saturdays 11:15am-12:30pm Jan. 6, 13, 27

East Bank Club

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

February

Chicago

Lynett teaches Tuesdays 9:00am-10:15am Feb. 6, 13, 20, 27
Lynett teaches Thursdays 9:00am-10:00am Feb. 1, 15, 22

Franciscan Omni Health and Fitness (Formerly known as Duneland)

Lynett & Allan teach Saturdays 11:15am-12:30pm Feb. 3, 17, 24

East Bank Club

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