



Fitness for a GREAT Price!

3909 S. Prairie Ave, Brookfield ♦ (708) 485-9663 ♦ www.sokolspirit.org



2019-2020 Class Schedule



Tots (Preschool & Kindergarten) - **Monday** 5:30-6:30 p.m.

Girls (Grades 1-6) - **Monday** - 6:30-8 p.m.

Boys (Grades 1-6) - **Tuesday** 6-7:30 p.m.

Girls GJJO Gymnastics Class (Grades 1-12) - **Thursday** - 6:30-8 p.m.

Junior Girls (Grades 7-12) - **Monday & Thursday** 8-9 p.m.

Junior Boys (Grades 7-12) - **Tuesday** 7:30-8:30 p.m. & **Thursday** 8-9 p.m.

Women (Ages 18+) - **Monday & Thursday** 9-10 p.m.

Men (Ages 18+) - **Tuesday & Friday** 8:30-9:30 p.m.

Senior Co-Ed (Ages 55+) - **Tuesday** 9:30 - 11:15 a.m.

Spin Class (Ages 16+) - **Monday** 7-8 p.m. OR **Saturday** 8-9 a.m.

Register NOW at www.sokolspirit.org

For more information & building availability; call 708-485-9663 or email programs@sokolspirit.org.

Visit our website to learn more about our new Ballet class!

Gymnastics, Wheel, Spin, Dance and Fitness classes offered as well; ages 3 - Adult

Stop by and check out the best deal in town!

What is Sokol Spirit? We are a non-profit organization that has been involved in the community since 1929! Sokol has been a guiding force in the promotion of physical fitness for many years.

Throughout the years our programs have evolved to include a wide array of activities that are fun for kids of all ages (3 to 90+). Through fun after-school classes and programs we promote physical and skill development, teamwork, leadership and positive self-image. Our goal is to give kids a well-rounded experience that helps build social skills as well as learn what their talents are.

Follow us on  