

Summer I Programs for

ADULTS

Summer I programs run June 10 - July 14
Member Registration begins May 21
Non Member Registration begins May 28



Free Classes

Land

Body PUMP™
Boot Camp
BOSU Conditioning
Cardio Sculpt
Fun Seekers
Indoor Cycling
Low Impact I/II
Power Cardio
Silver Sneakers
Stability Ball Sculpt
Step
Total Body Sculpt
Yoga Flow
Zumba

Water

Active Older Adults
Arthritis
Aqua Sunrise
Complete Cardio
InTo Deep
SilverSplash®

Adult Sports

Noon Time Handball FREE

Games each Tuesday & Thursday at noon

Commissioner's Handball FREE

Each Tuesday & Thursday at 5:50pm and Saturdays at 2:30pm.

Adult Raquetball Leagues

Ask Member Service Desk for dates & times. Fee: 1 League-\$50 Member/\$100 Non-Member, 2 Leagues \$79 Member/\$158 Non-Member

Women's Recreational Soccer

(age 21+) Games played Thursday evenings. Contact Don at 847.410.5279 for more information.

Adult Floor Hockey FREE

(age 21+) Enter as a team or individual Thursdays 8:30-10pm

Self Defense

Thursday 7:30-9:00pm
Fee: \$40 Member/\$80 Non-Member

Fitness

Fitness Appointments

(Age 12+) 4 FREE appointments with a Wellness Coach. Make your appointment at the Member Service Desk.

Personal Training

Packages available in sets of 3, 6, 12 or 18. Partner, Group, Pilates and Yoga sessions also available. Rates available at the Member Service Desk.

NEW! Couples Group Training

Saturday 10:30-11:30am
Fee: \$100 per Member Couple/
\$200 per Non Member Couple

NEW! Prenatal Yoga - 4 weeks

Wednesday 6:30-7:30pm
Fee: \$40 Member/\$80 Non-Member

NEW! Next Level Training

Try a FREE class between 5/21 and 5/31
Mondays and Wednesdays at 6:30pm or
Tuesdays and Thursdays at 8:00am
Fee: \$50 Member/\$100 Non-Member

Tai Chi

Thursday 8:30-9:15am
Fee: \$40 Member/\$80 Non-Member

Yoga for Athletes

Tuesday 8-9:15pm
Fee: \$40 Member/\$80 Non-Member

TRX Suspension Training

Monday 9:30-10:30am
Tuesday 6:30-7:30pm
Wednesday 9:30-10:30am
Thursday 6:30-7:30pm
Saturday 7:30-8:30am
Fee: 1 Day/Week
\$55 Member/\$110 Non-Member
2 Days/Week
\$99 Member/\$198 Non-Member

Pilates

Monday 5-6pm or
Thursday 9:15-10:45am
Fee: \$40 Member/\$80 Non-Member

Kettlebell Training

Beginner/Intermediate:
Wednesday 6:30-7:30pm or
Friday 10:30-11:30am
Advanced: Wednesday 5:30-6:30pm
Friday 9:30-10:30am
Fee: \$40 Member/\$80 Non-Member

Aquatic Programs

Adult Swim Lessons

Wednesday 6:00-6:40pm
Fee: \$39 Member/\$78 Non Member

Adult Swim Clinic 10 week session

Saturday 8-8:45am
Fee: \$78 Member/\$156 Non-Member

Masters Swim Club

Morning: Monday, Wednesday & Friday
5:30-7am
Evening: Monday, Thursday at 8pm,
Wednesday at 7:30pm

Aquasprites Masters Team

(age 20+) March - October
Tuesday & Thursday 8-9:30pm

American Red Cross Lifeguard Training

(age 15+) Contact Tom March for class offerings 847.410.5301
Fee: \$225 Member/\$350 Non-Member

Scuba Diving

Friday 6:30-9:30pm
Fee: \$200 Member/\$250 Non-Member

Climbing

Adult Belay Certification

Call Sheri for more information at 847.410.5289
Fee: FREE for Members/\$30 Non-Member

Adult Climbing

Tuesday 7:15-8:15pm
Fee: \$42 Member /\$84 Non-Member

Wellness

Mom's Discussion Group

Wednesday 7-8pm
Fee: FREE for Members

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