

# Specialized Classes

## Elite Athlete Training (13 years and older)

Does your sports team want to increase stamina, coordination, speed, vertical jumping, power and more? We have certified Trainers available to help your team achieve full athletic potential. Plyometrics, Weight Lifting, Core Exercises, and Cardio Training will all be incorporated based on your specific sport. Minimum 6, maximum 12 athletes to participate. Training is based on facility and instructor availability. Call 847-782-3624 for pricing and availability.

## Zumba (14 years & older) \$29/\$35

All levels. This class combines Latin American music and dance to create one great class that's both fun and an easy way to lose weight. Come learn how shimmy, shake, and move your feet to the music for a fun workout that feels like a party. We begin with basic steps so that you can learn, have fun, and sweat even if you have never danced a day in your life! This class is by registration only. No drop ins/passports accepted. Four week sessions.

FH	MO	6/25-7/16	7:15-8:15pm	Reg by 6/24	#8007
FH	TH	6/28-7/19	7:15-8:15pm	Reg by 6/26	#8008
FH	MO	7/30-8/20	7:15-8:15pm	Reg by 7/28	#8009
FH	TH	8/02-8/23	7:15-8:15pm	Reg by 7/31	#8006

## Boot Camp (14 years & older) \$29/\$35 Two Classes\* \$55/\$65

If you are serious about getting into peak shape, this class is for you! Boot camp workouts involve calisthenics like pushups, jumping jacks, crunches and other body weight exercises...the difference lies in the intensity. Beginner? Exercises are modified for beginners, but you'll still burn lots of calories. Advanced? You'll work your entire body—heart and muscles, with a higher intensity and without resting. Four week sessions.

FH	TU	6/26-7/17	6:15-7:15am	Reg by 6/24	#8242
FH	TH	6/28-7/19	6:15-7:15am	Reg by 6/26	#8255
FH	TU	7/31-8/21	6:15-7:15am	Reg by 7/29	#8243
FH	TH	8/02-8/23	6:15-7:15am	Reg by 7/31	#8244

\*To get discounted two class rate, both classes must be Boot Camp

## Advanced Mat Pilates (14 years & older) \$29/\$35

Advanced levels. This class will be perfect for the advanced participant. It will challenge the experienced exerciser to the next level. Pilates is a mind-body technique that focuses on core strength, flexibility and lengthening the muscles. You will gain tighter abs, a stronger back, and build upper and lower body strength, all while you learn to stabilize your body in a way that will keep you feeling younger longer! Four week sessions.

FH	TU	6/26-7/17	7-8pm	Reg by 6/24	#8145
FH	TU	7/31-8/21	7-8pm	Reg by 7/29	#8146

## Total Body Sculpting (14 years & older) \$29/\$35

In this class you will use resistance to build muscular strength and aerobic endurance. You will use free weights, including dumbbells, barbells, and hand weights. You will strengthen and increase the amount of muscle mass in your body by making your muscles work harder than they are used to. Four week sessions.

FH	TU	6/26-7/17	9-10am	Reg by 6/24	#8149
FH	TU	7/31-8/21	9-10am	Reg by 7/29	#8150



## Weekend Warrior Sports Conditioning (14 years & older) \$29/\$35

All levels. This course is designed to train you for your sport of choice. Workouts will include plyometric training, speed and agility training as well as improved hand eye coordination and quickness. Workouts are based on sports performance improvement. Four week sessions.

FH	WE	6/27-7/25*	5:15-6:15 pm	Reg by 6/25	#8140
FH	WE	8/01-8/22	5:15-6:15 pm	Reg by 7/30	#8141

\*No class on 7/4

## SilverSneakers®

### (65 years & older) Drop in fee/Passport to Fitness

This class is pioneered for adults ages 60 and older. In this class, you will increase strength, range of motion, agility, balance, and coordination. You will improve your functional capacities, physical fitness level, and sense of well-being. All exercises are conducted from a sitting position in a chair or standing directly next to the chair. Non-Silver Sneakers members may pay drop in fee or purchase Passport to Fitness.

FH	MO/WE/FR	10:15-11am
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