

Specialized Classes

The group fitness classes are great! The instructors have high energy and really focus on safety. I enjoy the workouts and am thrilled to see results in my strength and fitness.

—Christie Tipton

SPECIALIZED CONDITIONING

+ Boot Camp (14 years & older) \$35/\$40

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.

FH	TU	6/22-7/20	6:15-7:15am	Reg by 6/20	#8242
FH	TH	6/24-7/22	6:15-7:15am	Reg by 6/22	#8243
FH	TU	7/27-8/31	6:15-7:15am	Reg by 7/25	#8255
FH	TH	7/29-9/2	6:15-7:15am	Reg by 7/27	#8241

*No class 8/24 & 8/26

Team Sports Specific Conditioning (13 years & 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 847-782-3625 for pricing and availability.

ZUMBA (14 years & older) \$35/\$40

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 classes 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 will be accepted. See front desk for availability.

FH	MO	6/21-7/19	7:15-8pm	Reg by 6/19	#8007
FH	TH	6/24-7/22	7:15-8pm	Reg by 6/22	#8008
FH	MO	7/26-8/30*	7:15-8pm	Reg by 7/24	#8009
FH	TH	7/29-9/2*	7:15-8pm	Reg by 7/27	#8110

*No class 8/23 & 8/26

+ Nidra Yoga (14 years & older) \$35/\$40

This class is an ancient form of total relaxation. Nidra yoga works with traditional breathing and some various forms of meditation. It is like a power nap for your ever so busy, over stimulated, conscience mind. As you lie in a comfortable position, in a state of total resting your body can and will begin to release tension, stress and begin to heal your fatigue.

FH	SU	6/27-7/25	2-3pm	Reg by 6/25	#8208
FH	SU	8/1-8/29	2-3pm	Reg by 7/30	#8221

+ PERSONAL TRAINING

Fitness Assessment

\$12

Our professional staff will record your height, weight, heart rate, blood pressure, body composition, test your flexibility, and assess your cardiovascular and muscular strength and endurance. This evaluation provides you an opportunity to view your fitness level, and get a thorough explanation from a trained professional. These results are a baseline for measuring progress over a period of time. **Sign up for Personal Training and receive a FREE assessment!**

Personal Training

Need motivation? Instruction? Your own personal exercise program? We've got all of these and more! Work with a Certified Personal Trainer who will design a program specifically to meet your needs and goals. We can help you with weight loss, flexibility, muscular and cardiovascular strength and endurance, sport specific training, body building, and/or overall improved fitness, health, and well-being! You will learn the safest and most effective ways to exercise and use the equipment.

Personal Training Individual:

Receive one-on-one instruction from your personal trainer.

1 session:	\$42
3 sessions:	\$110
6 sessions:	\$189

Personal Training Buddy Training:

Team up with a friend, spouse, or teen (14 or over) to save money and share a personal training session.

1 session:	\$37/person
3 sessions:	\$95/person
6 sessions:	\$158/person

Each session will last approximately one hour. Please stop by the Field House Sports and Fitness Center Front Desk to fill out a Personal Trainer Request Form. Fitness Staff will then match you up with a Personal Trainer based on your preferences, availability, and needs. Personal Training packages may be purchased at the Field House Front Desk (Non-members must pay Daily Fee in addition to personal training rates).

