

1950 N. Rte. 45 - Corner of Peterson Rd. & Hwy. 45 - (847) 367-1504

**ANNUAL
MEMBERSHIP
ONLY \$365!**

FITNESS CENTER HOURS

| | |
|-----------------|------------------|
| Monday-Thursday | 5:00AM – 10:00PM |
| Friday | 5:00AM – 9:00PM |
| Saturday | 7:00AM – 6:00PM |
| Sunday | 8:00AM – 5:00PM |

ANNUAL MEMBERSHIP

| | One Payment | 12 Monthly Payments |
|------------|-------------|---------------------|
| Individual | \$365 | \$34.58 (\$415) |
| Family 2 | \$635 | \$57.08 (\$685) |
| Household | \$910 | \$80.00 (\$960) |

Fitness members must be 14+ years old. Children aged 5-13 years old may be included in a Household membership to use the Climbing Mountain & Open Gym. Please note that Open Gym is not always available (call for daily schedule) and Climbing Mountain hours are limited.

Climbing Mountain Fall/Winter Hours:

MWF 4:00-7:00PM, Sat/Sun 11:00AM-3:00PM

| | | |
|-----------------|-------|-----------------|
| Sr. Individual | \$295 | \$27.50 (\$330) |
| Senior Family 2 | \$440 | \$39.58 (\$475) |

Must be 60 yrs.+ living at the same address

OTHER MEMBERSHIP OPTIONS:

- 4 Month Membership: \$200**
- 1 Month Membership: \$59**
- Punch Pass: 10 visits for \$99**
- Daily Drop-In Fee: \$12**

5 Guest Visits per year included with each annual membership!



H.I.I.T Group Class



Mens Lunchtime Basketball

SPORTS COMPLEX MEMBER BENEFITS

- *No enrollment fee, no non-resident fee
- *Free group exercise classes & Indoor Cycling Studio
- *Free Open Gym & Climbing Mountain (call for times)
- *Indoor Walking Area in the Gym
- *Locker Room & Towel Service
- *15% off at our Driving Range next door
- *Kids' Club (Babysitting) Options: \$5 drop-in (per child)
- Passes: 10 visits: \$40, 20 visits: \$65, 40 visits: \$120*
- Monthly: \$59/family, 3 Months: \$150/family*
- Annual: \$360 paid in full or \$450 EFT/\$37.50 per month*

PERSONAL TRAINING PACKAGES (1 hr sessions):

- 3 sessions - \$150**
- 5 sessions - \$240**
- 10 sessions - \$450**
- 15 sessions - \$600**



| Monday | Tuesday | Wednesday | Thursday | Friday | Saturday | Sunday |
|---|---|--|---|---|--|-----------------------------------|
| 5:15 am CYCLE | 5:15 am KB POWER | 5:15 am BARRE SCULPT | 5:15 am HIIT | 5:15 am CYCLE | | |
| | 7:30 am CARDIO & CORE | | 7:30 am BASIC TRAINING | 8:00-10:00am Women's Competitive & Recreational PICKLEBALL PLAY | | |
| 8:30 am BASIC TRAINING | 8:30 am STRENGTH & FLEXIBILITY | 8:30 am MOVING STRENGTH | 8:30 am ZUMBA | 8:30 am CYCLE | 8:00 am HIIT | 8:45 am STEP & CORE |
| 9:00 am CYCLE | | 8:30 am CYCLE | 8:30 am CYCLE | 9:00 am CARDIO & MORE | | 10:00-11:15 YOGA |
| 9:30 am-Noon Competitive & Recreational Courts | 9:30 am-Noon Competitive & Recreational Courts | 9:30 am-Noon Open Play | 9:30 am-Noon Competitive & Recreational Courts | 10:00 am-Noon Competitive & Recreational Courts | ← PICKLEBALL | |
| 9:35 am DANCE JAM | 9:35 am ZUMBA | 9:35 am YOGA | 9:35 am BARRE SCULPT | 9:35 am BARRE SCULPT | 9:15 am STRENGTH & FLEXIBILITY | |
| 10:40 am SENIORCIZE | 10:40 am SENIORCIZE | 10:40 am SENIORCIZE | 10:40 am SENIORCIZE | | | 4:00 pm Jazzercise® |
| 11:45 -12:45 GENTLE YOGA | 11:45 -12:45 YOGA | | 11:45 -12:45 GENTLE YOGA | FITNESS MULTI-VISIT PASS: 10 Visits @ \$99 includes all group exercise classes and the use of the Fitness Center. One Day Visit...\$12 | | |
| 1:00-3:00 pm Recreational Pickleball Play | | 1:00-3:00 pm Recreational Pickleball Play | | | | |
| 5:00 pm STRENGTH & FLEXIBILITY | 5:00 pm YOGA | 5:00 pm STRENGTH & FLEXIBILITY | 5:00 pm BARRE SCULPT | KIDS' CLUB - BABYSITTING AVAILABLE Mornings: Mon-Fri 8:15-11:15 am Sat 7:45-11:00 am Evenings: Mon & Wed 4:30-7:00 pm DAILY DROP-IN FEE \$5 per child 20 VISIT PASS \$65 40 VISIT PASS \$120 ANNUAL FAMILY PASS \$360 or \$30/month | | |
| 5:30 pm CYCLE | 6:05 pm CARDIO & CORE | | 6:00 pm HIIT | | | |
| 6:05 pm STEP | 7:15 pm Jazzercise® | 6:15 pm YOGA | 7:15 pm Jazzercise® | | | |



AQUA SCULPT

Ballet barre-inspired moves in a warm pool which allows you to lengthen, strengthen and improve your range of motion safely. The water-resisted moves sculpt arms, legs, and especially core (abdominals, seat, hips, and back). It's a strength workout that raises the heart rate and tones every muscle in the body! **Aqua Sculpt is for all levels of fitness and swimming abilities.**

Tue: 9:45 am, Wed: 10:00 am, Thu: 8:30am
 Hampton Inn & Suites 2061 Shell Drive
 Marsha Kolb, AEA Certified Instructor

This class is now FREE to Fitness Members!

Annual Memberships: \$365/year, \$295/year for Seniors 60+
 Non-members: \$10 drop-in per class

Contact Jodi: jthors@libertyville.com or 847.367.6890





GET FIT IN 2018!

Fitness Center Open House

Saturday, January 27 from 9:00 am to Noon

★ GROUP EXERCISE CLASSES OFFERED AT THE LSC

BARRE SCULPT - Tone & lengthen your muscles in this ballet/Yoga/Pilates-inspired class using light-to-no resistance and utilizing a chair or step or wall as your ballet barre. Barre sculpt exercises rely mainly upon bodyweight for resistance, and the moves challenge core stability and balance.

BASIC TRAINING - A fun, challenging way to get your cardio and muscle workouts all in one! Intervals of strength (squats, lunges, push-ups, etc.) and aerobics (running, cycling, sports drills, jumping rope, plyometrics) are all part of this "no frills" boot camp designed to improve your cardiovascular fitness, enhance your athletic performance and accelerate weight loss.

CARDIO & CORE - Jump start your metabolism with this high energy class! Anything goes with cardio intervals followed by core building strength exercises.

CYCLE - Group cycling is an awesome way to burn fat, increase strength, and improve your cardio fitness.

DANCE JAM! - Hi/low impact aerobics with a dance twist and simple choreography. Athletic movement combined with a little stylized flair makes this a fun and great workout for everyone!

H.I.I.T. - Short periods of high intensity training with just below maximum effort followed by a recovery period of low intensity.

JAZZERCISE® - the original dance-exercise phenomenon! Each 60-minute class includes a gentle warm-up, 30 minute aerobic workout, muscle toning and strengthening segment with weights and a stretch finale.

KB POWER - Training with kettlebells to perform ballistic exercises in high repetition and some low rep strength work to increase muscle endurance, flexibility and balance. Tighten your glutes, quads, abs and arms and train your body to work as one unit and explode into a new fitness level.

MOVING STRENGTH - No running! Minimal Impact! Non-stop movement combining cardio conditioning with strength training. Multi-joint, multi-muscle moves that focus on functional strength, body weight exercises and core stability.

SENIORCIZE - It's never too late to start exercising—especially when it's so FUN! Low impact aerobics followed by exercises designed to increase strength and flexibility and enhance posture and balance.

STEP - A fun step cardio class. Choreography will be introduced and broken down, then fused together in a 55-min. class that will fly by!

STRENGTH & FLEXIBILITY - Non-aerobic class that will improve muscular strength, endurance, flexibility and balance. Using a variety of equipment (Resist-a-Balls, Body Bars, weights, bands, Xertubes, Xercuffs), you'll challenge all major muscle groups.

YOGA - Yoga helps build flexibility, tone muscle and prevent back pain. Best of all, if you're feeling stressed, yoga can put your mind at ease.

GENTLE YOGA - Ideal for beginners or those looking for a more restorative practice. Emphasis on breathing, stretching, balance & relaxation as well as learning basic yoga poses.

Zumba® - ZUMBA is the largest Latin-inspired dance fitness brand in the world. It incorporates moves such as merengue, mambo, salsa, rumba, cha-cha and others into an amazing workout!

"We do not stop exercising because we grow old - we grow old because we stop exercising." Dr. Kenneth Cooper



Libertyville Sports Complex - Fitness Center

1950 N. Highway 45 | Libertyville | 847-367-1504 | www.LibertyvilleSportsComplex.com

