

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

**ANNUAL  
MEMBERSHIP  
ONLY \$365!**

**FITNESS CENTER HOURS**

Monday-Thursday	5:00AM – 9:30PM
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.

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**

**Multi-visit Pass: 10 visits for \$99**

**Daily Drop-In Fee: \$12**

5 Guest Visits per year included with each annual membership!



**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
- \*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 KETTLEBARRE	5:15 am CYCLE	5:15 am STRENGTH	5:15 am CYCLE		
	7:30 am CARDIO & CORE		7:30 am BASIC TRAINING			
8:30 am TOTAL BODY	8:30 am STRENGTH & FLEXIBILITY	8:30 am BASIC TRAINING	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	8:30 am CARDIO & CORE		10:00-11:15 YOGA
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	
9:30 am-Noon Rec & Competitive Pickleball	9:30 am-Noon Rec & Competitive Pickleball	9:30 am-Noon Open Play Pickleball	9:30 am-Noon Rec & Competitive Pickleball	9:30 am-Noon Rec & Competitive Pickleball		
10:40 am SENIORCIZE	10:40 am SENIORCIZE	10:40 am SENIORCIZE	10:40 am SENIORCIZE			
11:45 -12:45 GENTLE YOGA			11:45 -12:45 GENTLE YOGA	<b>FITNESS MULTI-VISIT PASS: 10 Visits @ \$99</b> includes all group exercise classes and the use of the Fitness Center. <b>One Day Visit...\$12</b>		
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	<b>KIDS' CLUB - BABYSITTING AVAILABLE</b> Mornings: Mon-Fri 8:15-11:15 am Sat 7:45-11:00 am Evenings: Mon & Wed 4:30-7:00 pm <b>DAILY DROP-IN FEE</b> \$5 per child <b>MONTHLY</b> \$59/family <b>3 MONTH</b> \$150/family <b>ANNUAL</b> \$360 paid in full <b>ANNUAL EFT</b> \$450 (37.50/month)		
6:05 pm STEP	6:10 pm HIIT					
5:45 pm CYCLE	7:15 pm Jazzercise®	6:15 pm YOGA	7:15 pm Jazzercise®			

## SENIORCIZE

More and more Americans are realizing the value of exercising to prevent heart disease, cancer, stroke, diabetes and osteoporosis. This "young at heart" class will focus on exercises to increase muscle strength, cardio endurance, flexibility, balance and stability.

Seniorcize and Group Exercise classes listed above are included when you buy a Fitness Center Senior Membership (\$295/year one payment).

**Days:** Mon, Tue, Wed, Thu  
**Time:** 10:40-11:30 am  
**Dates:** Sep 4-Dec 28  
 \$100 2 days  
 \$140 3 days  
 \$170 4 days

## 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.**

**Beginning in September:**

**Hampton Inn & Suites** 2061 Shell Drive, Libertyville

Marsha Kolb, AEA Certified Instructor

**See the Fitness Desk for days and times.**

For questions, contact Jodi: [jthors@libertyville.com](mailto:jthors@libertyville.com) or 847.367.6890



## PERSONAL TRAINING

*Let us pair you with one of our nationally certified personal trainers who will design a program specifically for you!*

According to a study in the International Journal of Sports and Exercise Psychology, people who have a specific plan, such as a target number of weekly workouts, stick to their routines with significantly more success than those who focus on a big-picture outcome — such as losing 20 pounds.

## ONE-ON-ONE TRAINING

1 session:	\$60.00
3 sessions:	\$150.00
5 sessions:	\$240.00
10 sessions:	\$450.00
15 sessions:	\$600.00

## SMALL GROUP TRAINING

Combine the personal attention of one-on-one training with the fun of group exercise! Cycling, running, yoga, flexibility, strength - let us know what you'd like to focus on.

2 clients/1 hour:	\$35/person
3-4 clients/1 hour:	\$30/person
2 clients/pkg. of 5:	\$135/person
3-4 clients/pkg. of 5:	\$110/person

Please fill out a Personal Training request form in the Fitness Center or find the form on our website:

[www.libertyville.com/fitness](http://www.libertyville.com/fitness)

Questions? Contact Jodi Thors at (847) 367-6890  
[jthors@libertyville.com](mailto:jthors@libertyville.com)



## FITNESS FACTS

It's Not That Hard to Find Time for Fitness Recent U.S. Government guidelines say that to lose weight and keep it off, you should accumulate at least 60 minutes of exercise a day. But half an hour a day is all you need to reap the health and disease-fighting benefits of exercise.



### Exercise Gives You Energy

A common excuse people use for not exercising is that they're too tired—but when you improve your strength and stamina, it's actually easier to accomplish everyday tasks like carrying groceries and climbing stairs. It also helps you feel more energetic over the course of the day.

### Exercise Boosts Brainpower

Not only does exercise improve your body, it helps your mental function.

### Exercise Helps Ward Off Disease

Research has shown that exercise can slow or help prevent heart disease, stroke, high blood pressure, high cholesterol, type 2 diabetes, arthritis, osteoporosis (bone loss), and loss of muscle mass. It also helps ease some aspects of the aging process.

### Movement Melts Away Stress

As much as it may stress you out just to think about exercising, once you actually start working out, you'll experience less stress in every part of your life.

