

Lake Forest Fitness Center

847-810-3932

FACILITY HOURS

Monday-Thursday 5:15 AM - 9:30 PM
 Friday 5:15 AM - 8:00 PM
 Saturday 6:00 AM - 5:00 PM
 Sunday 8:00 AM - 5:00 PM

Closed on
 Dec. 25, Jan. 1, Easter (April 8), July 4,

Other special hours:
 6am-12pm on
 Memorial Day, Lake Forest Day (Aug. 3),
 Labor Day, Thanksgiving,
 Christmas Eve, New Year's Eve

FACILITIES AND AMENITIES OF THE CENTER:

- 4,500 square foot facility
- State of the art, top of the line cardio machines by **Precor®**
- Featuring Cardio Theatre on all cardio equipment
- Full-body variable resistance circuit equipment by **Precor®**
- Titanium Free Weights by **Iron Grip®**
- 8 Elliptical Crosstrainers, 12 Treadmills
- Aerobic, Strength and Conditioning Classes in our 4 Studios
- Racquetball /Squash Courts
- Safe and entertaining child care
- Exclusive locker rooms/hand and shower towel service

AFFORDABLE GOOD HEALTH IS JUST AROUND THE CORNER

MEMBERSHIP FEES

EFFECTIVE UNTIL APRIL 30, 2012. PLEASE SEE THE SUMMER BOOK FOR NEW FEES.

	Individual	Student	Couple	Senior	Senior Couple	Family	Matinee
New Member Enrollment Fee	\$68	\$68	\$68	\$68	\$68	\$68	\$68
	\$81	\$81	\$81	\$81	\$81	\$81	\$81
*Annual Payment (*paid in full)	\$328	\$250	\$512	\$235	\$361	\$717	\$165
	\$393	\$300	\$615	\$282	\$429	\$860	\$197

Resident Non-Resident

FITNESS MEMBERSHIP GENERAL INFORMATION

- Individuals:** Minimum age must be 14 years. A birth certificate is required for all 14 & 15 year olds to register.
- Student:** Any individual within the age range of 14-23 years of age.
- Couple:** Defined as two married adults or one adult and one youth (age 14 - 23) residing in the same household.
- Family:** Defined as adult(s) and unmarried children (ages 14 - 23) residing with guardians(s). Young adults (24 and older), other relatives and / or individuals living in the same household are NOT included in the family membership.
- Seniors:** Adults who are 65 years and older.
- Matinee:** Save by working out during non-peak hours. Monday - Friday 11:00 a.m.-3:00 p.m.
- Resident / Non Resident Fees:** A resident is anyone who resides within the corporate limits of the City of Lake Forest.

Two (2) complimentary training sessions with a Certified Personal Trainer

Special Introductory Rates on Personal Training: 3 Hours/\$99

2 Free Guest Passes! Bring a Friend

Join Now!
847-810-3932

NEW MEMBERS

New Member Enrollment Fee includes:

- 2 free guest passes to the Fitness Center for friends or family members
- Two (2) - 1/2 hr introductory training sessions
- a special introductory voucher to purchase your first three personal training sessions for \$99.

Information & Services

BE OUR GUEST

Thinking about getting back into shape and living a healthier way of life? Stop in and learn more about all Lake Forest Fitness Center has to offer. See for yourself what so many of your friends and neighbors already know. We'll even invite you to be our guest for a workout. Take a short personal tour of Lake Forest Fitness Center and uncover your hometown fitness center: cardio and strength training, classes, personal training and more, right in your own backyard. **Limit one free pass per guest.**

RESIDENT/NON-RESIDENT FEES

A resident is anyone who resides within the corporate city limits of The City of Lake Forest. A 20% increase in fees is charged to non-residents.

Waiver form: All users of the Lake Forest Fitness Center must read and sign a waiver form **before** participating in any activity.

EXPLANATION OF FEE ABBREVIATIONS

FCM/RCM: Fitness Center Member/
Racquet Club Member

RNM: Resident Non Member

NRNM: Non-Resident Non Member

FITNESS CENTER CHILD CARE

Child care for children 4 months through 7 years is available on a limited basis to those who are participating in Fitness Center activities. Reservations are required and can be made one day in advance or the same day until 8:30am. To make a reservation call 847-810-3932. Our child care providers have over 25 years combined experience.

Child Care Hours

Monday – Friday 8:00am – 12:30 pm

Note: Parents are asked not to bring children when sick.

Prices:

Fitness Center Member: \$3.75/hr. per child

Non-Member: \$5.00/hr. per child

- Please call Fitness Center regarding rates for multiple children.
- A cancellation fee of \$10 may be applied for no shows or cancellations less than 2 hours before your reservation time.

DAILY PASS

If you would like to try out our facility, purchase our daily pass. Please keep in mind:

1. Anyone ages 14-17 must have a waiver signed by a parent or guardian.
2. All 14 & 15 year olds must furnish a birth certificate or passport.
3. You must complete a registration form each time you use the facility on a daily pass.
4. Times may be limited to non-heavy usage hours.
5. You must furnish photo identification with each use. (If you want to secure resident rates, then please be able to produce resident ID.)

DAILY PASS FEE

Resident Individual : (14-64 years)	\$12
Resident Individual Senior: (65 years and older)	\$9
Non-Resident Individual:	\$15
Non-Resident Senior:	\$10

SPRING BREAK PASS

If you're looking to stay fit through the holidays, the Fitness Center offers a 7-day Spring Break Pass.

1 week pass

Fee: Individual Resident : \$48

Notations:

1. A photo I.D. will be made for you. You must bring this pass with you each workout.
2. You have access to the Member's Locker Room.
3. Expires 7 days from the purchase date.

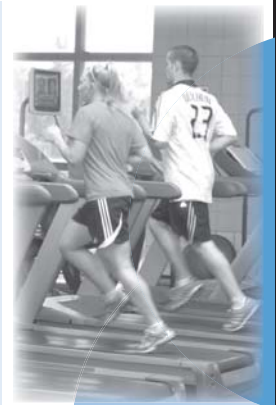
PLEASE CHECK WITH FITNESS CENTER REGARDING OTHER PASS OPTIONS AVAILABLE.



Lake Forest Fitness Center

JANUARY SPECIAL

- **\$0 Enrollment Fee!**
- **13th Month FREE!**
- **1 hr Personal Training**
- **Three 1-hour Personal Training Sessions for only \$99**
- **2 FREE Guest Passes to bring a friend or family member**



Offer ends January 31, 2012.

Applies to NEW annual memberships only.

See the membership desk for more information, or contact Jason Busdeker at BusdekeJ@cityoflakeforest.com

CONVENIENT
LOCATION

BEST VALUE
IN TOWN

CHILDCARE
AVAILABLE

Personal Training

It's as simple as 1-2-3...

- 1- YOU COMMIT TO TRAINING
- 2- WE SUPPLY YOU THE TOOLS
- 3- YOU ACHIEVE YOUR GOALS

The Lake Forest Fitness Center provides a professional, knowledgeable and friendly staff to assist you with your fitness needs.

The Floor Supervisors oversee the Fitness Center. If you have any questions or need some assistance regarding any piece of equipment, the Floor Supervisors are here to help. We will be wearing **BLUE**.

If you are interested in using a Personal Trainer, feel free to pick up some information at the Front Desk, call the Front Desk at 847-615-3187, or you may speak directly with one of the trainers. We will be wearing **RED**.

You may also contact Jason Busdeker, Fitness Center Manager at 847-810-3934.

The Personal Trainer will combine their knowledge and experience to create an individualized workout that will be safe, effective and challenging.

Fee: Fitness Center Member: \$46/hour
 Resident Non-Member: \$59/hour
 Non-Resident Non-Member: \$70/hour
 ("Packages" are available.)

- **Trainings must be purchased and paid in full prior to training session.**
- **A 24 hour notice of cancellation is required, or you will be billed for the time.**
- **All Personal Training packages expire 1 year from the purchase date.**

ADULT BUDDY TRAINING

If you need the extra support and fun of working out with a buddy but still want the benefits of our personal training program then Buddy training is the program for you! Just like our 1:1 Personal Training packages, each session will focus on improving strength, core stability, and cardio conditioning. Competition between partners can provide better fitness results along with accountability and social support. Check at the Fitness Center for a list of the costs.

What are you waiting for?
Join Today!

Meet Your Personal Trainers



Milana Astorino



John Gard



Christina Hooker



Dawn Morris



Chris Pommer



Jim Risi



Jim Ryan



Esther Sloan



Erik Thompson



Allen Walker

PERSONAL TRAINING PACKAGES

May 1, 2011 – April 30, 2012

(Packages may be broken down into 1 hour sessions)

MEMBER PERSONAL TRAINING PACKAGES

1 hour	\$46
3 hours	\$127
6 hours	\$241
9 hours	\$352
12 hour	\$439

RESIDENT NON-MEMBER PERSONAL TRAINING PACKAGES

1 hour	\$59
3 hours	\$161
6 hours	\$309
9 hours	\$454
12 hours	\$593

NON-RESIDENT NON-MEMBER PERSONAL TRAINING PACKAGES

1 hour	\$70
3 hours	\$198
6 hours	\$371
9 hours	\$547
12 hours	\$711

FIVE REASONS TO USE A PERSONAL TRAINER

1. Accountability
2. Achieve your goals faster
3. Motivation
4. Learn new exercises and workouts
5. Learn proper form and technique

Youth Fitness

ATHLETIC CONDITIONING WORKSHOPS

14 Years through High School

Bring your team to us and we will design a program to get your young adults strong and ready for the sport they participate in competitively. In order for a skill to be effective in a game, the foundation of the body needs to be ready to perform those skills. The workshops are designed towards the specific needs of the group. If you have a group of six or more athletes and it sounds like something you would like to set up, please call the office at 847-810-3932.

NOTE: Other classes such as YOGA and INDOOR CYCLING for 14+ year old participants are offered at night and weekends. For specific information, reference the adult class schedule.

“BUDDY” PERSONAL TRAINING FOR YOUNG ADULTS

(Fee is 2 for the price of 1)

14 Years through High School

Come to the Fitness Center with a friend of your choosing and take advantage of this exciting approach to training. A comprehensive program will be designed for each participant, using our state-of-the-art equipment. Close supervision and guidance will be provided as participants learn the safe and proper use of the strength training machines, free weights and cardiovascular equipment. Two young adults are trained simultaneously.

Session: Six trainings per session

Time/Day: A schedule is created for all six sessions based on client's availability and schedule.

Note: Trainings must be purchased and paid in full prior to training session.

Fee: FitnessCenterMember: \$125/person
Lake Forest Resident: \$156/person
Non-Resident: \$188/person

YOUNG ADULT ONE-ON-ONE PERSONAL TRAINING PROGRAMS

14 Years through High School

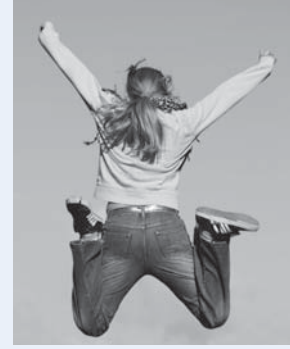
We offer individualized personal training for young adults in our state-of-the-art Fitness Center beginning at the age of 14. Regular personal training fees apply.

11 – 13 years

Young adults between the ages of 11 and 13 can be personally trained using our Fitness Studio environment and equipment. Buddy training and/or individualized training applies.

How much exercise does my child need?

Children and adolescents should do 60 minutes or more of physical activity each day. The physical activity can be 1 of 3 different types of exercise, Aerobic Activity, Muscle Strengthening and/or Bone Strengthening.



Aerobic activity can include things such as brisk walking, running, roller blading, bike riding, jump roping or a simple game of tag where the children are running or chasing one another. Whichever activity your child likes to participate in, aerobic activity should make up the majority of their 60 minutes of daily activity. Three days per week should include vigorous, intense aerobic activity.

Muscle Strengthening should be part of the daily activity at least 3 days per week. Strengthening activities can include such things as; pushups, sit-ups, gymnastics or resistance exercises using body weight, resistance bands, dumbbells or weight machines. When deciding which muscle strengthening exercises to do with your child(ren) make sure they are age appropriate exercises. For example, most children do not need to do muscle strengthening exercises such as lifting weights. Younger children can strengthen their muscles using their own body weight doing pushups, sit ups, playing on a jungle gym or gymnastics. The adolescents may start a structured weight lifting program especially when they start to get involved in sports.

Bone strengthening is the 3rd phase of daily activity requirements for both children and adolescents. These activities can be a lot of the same activities listed in the previous categories such as running, jumping rope, pushups or sit-ups. All of these activities are weight bearing exercises which will help build and maintain bone strength.

Source: Center for Disease Control (www.cdc.gov)



Energy and persistence conquer all things.

-Benjamin Franklin

Winter & Spring Session - Fitness Grid of Classes

MON.	TUE.	WED.	THU.	FRI.	SAT.
TRX 7:00am-Studio C J. Ryan		Cardio Zone PP 8:00am - Studio A K. McKinnon	NIA® PP * 8:00am - Studio A P. Mayland	TRX 8:00am - Studio C K. Yessian	Strength & Condition PP 8:00am - Studio B M. Astorino
Cardio Zone PP 8:00am - Studio A K. McKinnon	NIA® PP * 8:00am - Studio A P. Mayland	W.O.W. 8:00am - Studio C D. Morris		Streamlined Fitness PP 8:15am - Studio B M. Astorino	Vinyasa Yoga PP * 8:30am - Studio A A. Hepburn (75 min.)
W.O.W. 8:00am - Studio C D. Morris	Triple Threat PP * 8:15am - Studio B D. Greene	Introduction to Yoga PP * 8:00am - Studio B T. Ulmer	Yoga PP * 8:15am - Studio E T. Ulmer (60 minutes)	Restorative Stretching PP * 8:15am - Studio D H. Curtis	Zumba™ PP * 9:00am - Studio C M. Astorino
Pilates for Weight Loss 8:15am - Studio B A. Clamage		Cardio Kickbox PP 9:10am - Studio C K. Yessian	Triple Threat PP * 8:15am - Studio B D. Greene	Attack the Fat PP 9:15am - Studio C M. Astorino	
Vinyasa Yoga PP * 8:15am - Studio D A. Hepburn	Salsarobics® PP 9:00am - Studio A E. Sloan	Hatha Yoga I PP * 9:15am - Studio A A. Hepburn/T. Ulmer (75 min.)	Salsarobics® PP 9:00am - Studio A E. Sloan	W.O.W. 10:15am - Studio C K. Yessian	
Brazilian Bum PP 9:00-9:30 am - Studio E C. Hooker	Bike, Buff & Beam PP 9:10am - Studio C C. Hooker	W.O.W. 10:15am - Studio C K. Yessian	Bike, Buff & Beam PP 9:10am - Studio C C. Hooker	Yoga Punch Pass AVAILABLE!	
Amazing Abs PP 9:30-10:00 am - Studio E C. Hooker	Strength & Balance for Everyday PP 9:30am - Studio B D. Greene	Strength & Cardio Intervals PP * 11:30am - Studio C D. Morris	Cardio Cut PP 9:15am - Studio B M. Astorino		
NIA® PP * 9:00am - Studio C P. Mayland	TRX 10:40 - Studio C K. Yessian		TRX 10:40am - Studio C K. Yessian		
Beamfit Pilates 9:15am - Studio B L. Julian (45 minutes)	Floor, Core & More PP * 1:00pm - Studio C K. Smith		Floor, Core & More PP * 1:00pm - Studio C K. Smith		
Zumba™ PP * 10:00am - Studio C D. Morris					
Strength & Cardio Intervals PP * 11:30am - Studio C D. Morris			Teen Yoga PP 4:00-5:00pm - Studio E A. Hepburn (Ages 12 & up)	Key PP - Punch Pass accepted. * - You must register for this class. Once the minimum number of registrations has been met, and not exceeded maximum, other participants may use a PUNCH PASS . Start dates and end dates are different for each class. Please refer to brochure pages 11-13.	
	Boot Camp PP 5:30pm-Studio C D. Morris	Zumba™* PP * 6:00pm - Studio C D. Morris	Slow Flow Yoga PP 6:00-7:15pm - Studio E A. Hepburn		



CLASS SCHEDULE:

Winter Session: January 2 - March 24, 2012

Spring Session: April 2 - May 26, 2012

No Classes: January 1 (New Year's Day)

April 8 (Easter)

May 28 (Memorial Day)

Lake Forest Fitness Center reserves the right to change instructors when necessary.

See the descriptions
for these classes
on the following pages.

Adult Classes

FITNESS/AEROBIC CLASSES

Participants can purchase the convenient class punch pass or drop-in pass. Both types of passes must be purchased prior to the beginning of class at the Fitness Desk.

Punch Pass:

Participants may purchase the convenient punch pass which they may use for any class which is designated with a PP.

Punch Pass	FCM	RNM	NRNM
1 Punch Pass	\$7	\$10	\$12
12 Punch Pass	\$57	\$102	\$120
24 Punch Pass	\$102	\$186	\$225

Yoga Punch Pass	FCM	RNM
1 Punch Pass	\$12	\$15
12 Punch Pass	\$102	\$120
24 Punch Pass	\$198	\$234

Punch Pass Expiration

- 1 Punch: date of purchase.
- 12 Punch: 3 months after date of purchase.
- 24 Punch: 6 months after date of purchase.

Watch for the
PUNCH PASS
symbol:



Drop-In

The daily punch pass may be used toward any class including classes which require registration provided the class has not reached its maximum enrollment.

IMPORTANT

FOR ALL PUNCH PASS CLASSES

If the attendance is 3 or less for 3 consecutive weeks the class will be cancelled.

CARDIO CUT

This is a combination class offering both cardiovascular conditioning and strength training in a split format. It is designed to be comprehensive and efficient. The format originates from two basic conditioning techniques. The first used is muscle memory work, a proven technique for successful aerobic movement. The second is repeated strength sets, the accepted standard in weight training.



CARDIO ZONE

Start your day with this high-energy aerobic workout, with low impact combinations designed to increase your cardiovascular endurance, plus muscle strength and conditioning work incorporating medicine balls, weights and bands, you will be challenged to take your fitness to the next level. Your workout will finish with an overall stretch.



CARDIO KICKBOX

This is a very high energy hi/lo impact aerobic class (modifications being shown). Without any special equipment you will learn non-contact boxing and karate moves while burning calories. You will also strengthen your legs, upper body and abdominals. Class will be followed by strength training and flexibility. Participants should work at their own pace.



SALSAROBICS®

This high energy aerobic class provides a fun and challenging workout while moving to Latin, Caribbean, and African rhythms. Muscular conditioning, flexibility, postural alignment and endurance are all addressed in this fat burning class. Each participant is challenged at their own level. The class offers options of intensity and impact for participants to choose from.



STRENGTH & CONDITIONING

This class will define your muscles using hand weights, resist a balls, and tubing to give you a more defined look. Strong muscles help speed up your metabolism so you can burn extra calories. You'll see results without the sweat.



ATTACK THE FAT

The ultimate workout to optimize your fat burning, while building your cardio endurance. No matter what your experience or exercise level is, "Attack the Fat" is a fun way to workout using basic moves and ending with a killer ab workout.



VINYASA YOGA

An energetic yoga practice that connects the breath (pranayama) to movement with longer held poses (asanas). This practice will allow you to refine postures and to move beyond limitations of the body and mind.



HATHA YOGA

This series is for all levels including beginners and more experienced students. The main purpose of this class is stress reduction, flexibility, and overall improvement in your physical, emotional, and spiritual well-being. This course includes the practice of Hatha Yoga postures, various breathing and meditation techniques.



INTRODUCTION TO YOGA

Brand new to yoga? Feeling a bit rusty after an extended absence from your mat? Join Our Introduction to Yoga will teach you the basic postures, breathing, and relaxation techniques in a non-threatening environment. Increase flexibility, as you strengthen, tone, and revitalize your mind and body. After attending these classes students will feel confident to continue their journey into other group yoga classes.



YOGA

A one-hour class suitable for all levels with modifications given for varying abilities. Classes begin slowly and then progress into more strengthening and energizing exercises, before moving into the restorative section of class.



NIA

Nia is an exercise program that shows us how to move more freely, more powerfully and with more joy. It is a fun, low impact aerobic workout, set to music and comprised of elements from the martial arts, dance and yoga. Using only the weight of the body, Nia provides a cardiovascular experience that leads to greater strength, balance and energy. Nia is adaptable to all fitness levels and no experience is necessary. Everyone is welcome.



BOOT CAMP

Fitness Boot Camp classes combine intervals of cardio drills and muscle conditioning exercises to provide you with the ultimate circuit workout. You can burn 400 – 600 calories in a variety of classes that may use jump ropes, boxing drills, free weights, and even a little healthy competition. Expect the unexpected in these full-body Boot Camp classes, which are packed with lots of variety and tons of fun.



STRENGTH & BALANCE FOR EVERYDAY LIFE

Did you know that strength training can strengthen bones and reverse the aging of muscles? This class is designed to challenge Active Mature Adults who have or have not had experience with strength or balance training. We include exercises using free weights, bands, stability balls and more, that are designed to increase flexibility, joint stability, balance, coordination, agility, and muscular strength to live our daily active lives.



BRAZILIAN BUM

Lift, tighten and tone your bum through a series of low impact, high-intensity movements. This class use body weight exercises as well as light weights to reshape your lower body from the hip to toe!



AMAZING ABS

An intense non-aerobic class focusing on strengthening your abdominal and lower back muscles for a leaner stronger center.



CONTINUED ON THE
NEXT PAGE....

CONTINUED FROM THE
PREVIOUS PAGE...

STRENGTH & CARDIO INTERVALS

Looking for the perfect combination of heart pumping cardio and intense strength training? This class is it. Each week both the format and the equipment used will change to make for increased calorie burn and a total body workout.



BIKE BUFF & BEAM

This one hour interval class alternates between 4 minutes of cardio training on the spin bike, and 8 minutes of strength, balance and resistance training using a variety of equipment off the bike. These intense work segments challenge all major muscle groups, as well as your heart! Floor segments focus strongly on core stabilization.



SLOW FLOW YOGA

A slower paced vinyasa yoga class that allows time to go deeper and really explore the postures. This class will cultivate strength and flexibility.



TEEN YOGA

Designed for students with or without previous yoga experience, this class helps cultivate self-discipline, promote self-esteem, and maintain physical, mental, and spiritual well-being. Class focuses on strengthening, toning and relaxation providing teenagers with an alternative way to redirect their energy. Stretching will also reduce growing pains, and adolescents will feel more comfortable within their own skin. It's a healthy and challenging way to experiment, to push boundaries, and gain a sense of achievement.



FLOOR, CORE & MORE!

A total body workout that will sculpt your body from head to toe by using a variety of body weight and strength training exercises.



RESTORATIVE STRECHING

Restore muscular balance, build strength, increase flexibility and improve body alignment and posture!



STREAMLINED FITNESS

This class will define your muscles using hand weights, resist a balls, and tubing to give you a more defined look. Strong muscles help speed up your metabolism so you can burn extra calories. You'll see results without the sweat.



TRIPLE THREAT

A Challenging, Fun, Functional Workout! Using Tubing, Stability Balls, Dumbbells and more... to improve balance, strength and flexibility, while burning calories too! Routines change every 4-6 weeks, challenging your muscles in new ways, for optimal toning and strength.



ZUMBA

Zumba is the newest fitness phenomenon. Zumba combines high energy and motivating music with unique moves and combinations that allow the Zumba participants to dance away their worries. Zumba is not only great for the body, but is also great for the mind. It is a "feel happy" workout.



PILATES FOR WEIGHT LOSS – REGISTRATION ONLY

This class will introduce you to a new method of body conditioning by strengthening your abdominals, back and gluteals while you lengthen muscles and improve posture.

BEAMFIT PILATES

Balance, Engage, Align, and Move your body on the BEAM™ in a workout that is absolutely floorless! Incorporating the BEAM™ into your Pilates program, will bring a whole new level of sensory awareness to your workouts through balance challenges that will greatly enhance your core strength and creating perfect alignment from head to toe.



TRX

Using the TRX is a powerful way to increase total body strength. This class focuses on multi-planar strength building for your entire body. Set reps and recovery are used to ensure that each participants is working at their maximum effort.

WOW! WOMEN ON WEIGHTS

Become lean and strong! This is a 60 minute group personal training approach to working out with a variety of weight/resistance training equipment (barbell, body bars, resistance tubing, and dumbbells). Learn how to compliment your weight workouts with easy, healthy nutrition and health tips, postural training, aerobics, flexibility advice, and more.

Don't Be Afraid to Change



Have you ever wondered why you are having such a hard time losing weight? Have you thought to yourself "I go to the gym all the time and I don't see any changes!" If you have had these discussions with your friends or just thought about it to yourself, then you are certainly not alone. Many people find themselves in the same position.

Here are some suggestions to change your workout:

- Lift slightly heavier weights
- Add new or different exercises
- Try using free weights rather than machines
- Increase the resistance on the elliptical or stepper
- Walk/run faster on the treadmill
- Increase the time of your cardio workout
- Try a new or different Group Fitness Class

Don't be afraid to change your workout routine from time to time. If you are still not quite sure what to do or how to go about making these changes, try hiring a Personal Trainer for a few sessions. The trainer can help you make the changes you are looking for and ensure you are doing it safely and effectively.

***Once the minimum number of registered participants has been met, and not exceeded maximum, other participants may use a punch pass. Registering for a class guarantees you a spot and equipment.**

FLOOR, CORE & MORE

A total body workout that will sculpt your body from head to toe by using a variety of body weight and strength training exercises. You must register for this class. Once the minimum number of registered participants has been met, and not exceeded maximum, other participants may use a punch pass.*

Loc: Lake Forest Recreation Center, Studio - C

Age: 14Y and up

Instr: K. Smith

Code	Day	Time	Date	Fee
28749	Tue, Thu	1:00pm- 2:00pm	Jan 03-Mar 22	FCM: \$149 RNM: \$180 NRNM: \$216
28750	Tue, Thu	1:00pm- 2:00pm	Apr 03-May 31	FCM: \$111 RNM: \$135 NRNM: \$162

TRIPLE THREAT

A Challenging, Fun, Functional Workout! Using Tubing, Stability Balls, Dumbbells and more... to improve balance, strength and flexibility, while burning calories too! Routines change every 4-6 weeks, challenging your muscles in new ways, for optimal toning and strength. You must register for this class. Once the minimum number of registered participants has been met, and not exceeded maximum, other participants may use a punch pass.*

Loc: Lake Forest Recreation Center, Studio - B

Age: 14Y and up

Instr: D. Greene

Code	Day	Time	Date	Fee
29342	Tue, Thu	8:15am- 9:15am	Jan 03-Mar 22	FCM: \$149 RNM: \$180 NRNM: \$216
29343	Tue, Thu	8:15am- 9:15am	Apr 03-May 31	FCM: \$111 RNM: \$135 NRNM: \$162

TRX

Using the TRX is a powerful way to increase total body strength. This class focuses on multi-planar strength building for your entire body. Set reps and recovery are used to ensure that each participant is working at their maximum efforts. PUNCH PASSES WILL NOT BE ACCEPTED.

Loc: Lake Forest Recreation Center, Studio - C

Age: All Ages

Instr: K. Yessian and J. Ryan

Code	Day	Time	Date	Fee
28679	Mon	7:00am-8:00am	Jan 02-Mar 19	FCM: \$60 RNM: \$74 NRNM: \$89
28680	Tue	10:40am-11:30am	Jan 03-Mar 20	FCM: \$60 RNM: \$74 NRNM: \$89
28681	Thu	10:40am-11:40am	Jan 05-Mar 22	FCM: \$60 RNM: \$74 NRNM: \$89
28682	Fri	8:00am-9:00am	Jan 06-Mar 23	FCM: \$60 RNM: \$74 NRNM: \$89
28683	Mon	7:00am-8:00am	Apr 02-May 21	FCM: \$40 RNM: \$49 NRNM: \$59
28684	Tue	10:40am-11:30am	Apr 03-May 29	FCM: \$45 RNM: \$55 NRNM: \$67
28685	Thu	10:40am-11:40am	Apr 05-May 31	FCM: \$45 RNM: \$55 NRNM: \$67
28686	Fri	8:00am-9:00am	Apr 06-Jun 01	FCM: \$45 RNM: \$55 NRNM: \$67

ZUMBA

Zumba combines high energy and motivating music with unique moves and combinations that allow the Zumba participants to dance away their worries. Zumba is not only great for the body, but is also great for the mind. It is a 'feel-happy' workout. You must register for this class. Once the minimum number of registered participants has been met, and not exceeded maximum, other participants may use a punch pass.*

Loc: Lake Forest Recreation Center, Studio - C

Age: 14Y and up

Code	Day	Time	Date	Instr	Fee
28737	Mon	10:00am-10:55am	Jan 02-Mar 19	D. Morris	FCM: \$78 RNM: \$96 NRNM: \$111
28738	Wed	6:00pm- 6:55pm	Jan 04-Mar 21	D. Morris	FCM: \$78 RNM: \$96 NRNM: \$111
28739	Sat	9:00am- 9:55am	Jan 07-Mar 24	M. Astorino	FCM: \$78 RNM: \$96 NRNM: \$111
28740	Mon	10:00am-10:55am	Apr 02-May 21	D. Morris	FCM: \$52 RNM: \$64 NRNM: \$74
28741	Wed	6:00pm- 6:55pm	Apr 04-May 30	D. Morris	FCM: \$59 RNM: \$72 NRNM: \$84
28742	Sat	9:00am- 9:55am	Apr 07-Jun 02	M. Astorino	FCM: \$59 RNM: \$72 NRNM: \$84

How much physical activity do adults need?



The **Center for Disease Control** Physical Activity Guidelines for Americans recommends Adults need a combination of aerobic (cardio) training and strength training each week to improve your health.

Recommendations for Adults each week:

A) 2 ½ hours of moderate intensity aerobic training and 2 or more days of strength training activities that works on all major muscle groups*

OR

B) 1 hour 15 minutes of vigorous intensity aerobic training and 2 or more days of strength training activities that works on all major muscle groups*

OR

C) An equal mix of moderate and vigorous-intensity aerobic training and 2 or more days of strength training activities that works on all major muscle groups*

Aerobic activity – what counts?

Aerobic activity or "cardio" gets you breathing harder and your heart beating faster. Intensity is how hard your body is working during aerobic activity.

Moderate-intensity aerobic activity means you're working hard enough to raise your heart rate and break a sweat. One way to tell is that you'll be able to talk, but not sing the words to your favorite song.

Vigorous-intensity aerobic activity means you're breathing hard and fast, and your heart rate has gone up quite a bit. If you're working at this level, you won't be able to say more than a few words without pausing for a breath. *Major muscle groups include legs, hips, back, abdomen, chest, shoulders and arms

Source: Center for Disease Control (www.cdc.gov)



Looking for more fitness opportunities? See page 41 for Adult Dance offerings.



RESTORATIVE STRETCHING

Restore muscular balance, build strength, increase flexibility and improve body alignment and posture! You must register for this class. Once the minimum number of registered participants has been met, and not exceeded maximum, other participants may use a punch pass.*

Loc: Lake Forest Recreation Center, Studio - D

Age: 14Y and up

Instr: H. Curtis

Time: 8:15am- 9:00am

Code	Day	Date	Fee
29344	Fri	Jan 06-Mar 23	FCM: \$78 RNM: \$93 NRNM: \$111
29345	Fri	Apr 06-Jun 01	FCM: \$59 RNM: \$70 NRNM: \$84

STRENGTH AND CARDIO INTERVALS

Challenge yourself like never before with Strength & Cardio Intervals! This hybrid class will get your body moving as it combines the best of both worlds – cardio and strength in exciting, heart-pumping, timed segments. You'll create more muscle definition and have fun while you do it! You must register for this class. Once the minimum number of registered participants has been met, and not exceeded maximum, other participants may use a punch pass.*

Loc: Lake Forest Recreation Center, Studio - C

Age: 14Y and up

Instr: D. Morris

Time: 11:30am-12:30pm

Code	Day	Date	Fee
29338	Mon, Wed	Jan 02-Mar 21	FCM: \$149 RNM: \$180 NRNM: \$216
29339	Mon, Wed	Apr 02-May 23	FCM: \$99 RNM: \$120 NRNM: \$144

WOMEN ON WEIGHTS

Become Lean & Strong! This is a 60 minute group personal training approach to working out with a variety of weight/resistance training equipment (barbell, body bars, resistance tubing and dumbbells.) Learn how to compliment your weight workouts with easy, healthy nutrition and health tips, postural training, aerobic, flexibility advice and more. You must register for this class. PUNCH PASSES WILL NOT BE ACCEPTED.

Loc: Lake Forest Recreation Center, Studio - C

Age: 14Y and up

Code	Day	Time	Date	Instr	Fee
28726	Mon, Wed	8:00am- 9:00am	Jan 02-Mar 21	D. Morris	FCM: \$149 RNM: \$180 NRNM: \$216
28725	Wed, Fri	10:15am-11:15am	Jan 04-Mar 23	K. Yessian	FCM: \$149 RNM: \$180 NRNM: \$216
28727	Mon, Wed	8:00am- 9:00am	Apr 02-May 23	D. Morris	FCM: \$99 RNM: \$120 NRNM: \$144
28724	Wed, Fri	10:15am-11:15am	Apr 04-Jun 01	K. Yessian	FCM: \$105 RNM: \$128 NRNM: \$149

STREAMLINED FITNESS

This class combines strength training, pilates and bar work. Class is designed to give your muscles a longer, leaner, streamlined appearance and strengthen the core. You must register for this class. Once the minimum number of registered participants has been met, and not exceeded maximum, other participants may use a punch pass.*

Loc: Lake Forest Recreation Center, Studio - C

Age: 14Y and up

Instr: M. Astorino

Code	Day	Time	Date	Fee
28751	Fri	8:15am- 8:55am	Jan 06-Mar 23	FCM: \$78 RNM: \$93 NRNM: \$111
28752	Fri	9:15am-10:10am	Apr 06-Jun 01	FCM: \$59 RNM: \$70 NRNM: \$84

NIA

Nia is an exercise program that shows us how to move more freely, more powerfully and with more joy. It is a fun, low impact aerobic workout, set to music and comprised of elements from the martial arts, dance and yoga. Using only the weight of the body, Nia provides a cardiovascular experience that leads to greater strength, balance and energy. Nia is adaptable to all fitness levels and no experience is necessary. Everyone is welcome. You must register for this class. Once the minimum number of registered participants has been met, and not exceeded maximum, other participants may use a punch pass.*

Loc: Lake Forest Recreation Center, Studio - C

Age: 14Y and up

Instr: P. Mayland

Time: 8:00am- 8:55am

Code	Day	Date	Fee
29346	Tue	Jan 03-Mar 20	FCM: \$108 RNM: \$135 NRNM: \$162
29347	Thu	Jan 05-Mar 22	FCM: \$108 RNM: \$135 NRNM: \$162
29348	Tue	Apr 03-May 29	FCM: \$81 RNM: \$102 NRNM: \$122
29349	Thu	Apr 05-May 31	FCM: \$81 RNM: \$102 NRNM: \$122



**Once the minimum number of registered participants has been met, and not exceeded maximum, other participants may use a punch pass. Registering for a class guarantees you a spot and equipment.*

Pilates and Yoga Classes

EXPLANATION OF FEE ABBREVIATIONS

FCM/RCM: Fitness Center Member/
Racquet Club Member
RNM: Resident Non Member
NRNM: Non-Resident Non Member



PILATES FOR WEIGHTLOSS

This class will introduce you to a new method of body conditioning by strengthening your abdominals, back and gluteals while you lengthen muscles and improve posture. Class size is limited. You must register for this class. PUNCH PASSES WILL NOT BE ACCEPTED.

Loc: Lake Forest Recreation Center, Studio - B

Age: 14Y and up

Instr: A. Clamage

Time: 8:15am- 9:00am

Code	Day	Date	Fee
28729	Mon	Jan 02-Mar 19	FCM: \$72 RNM: \$120 NRNM: \$144
28728	Mon	Apr 02-May 21	FCM: \$48 RNM: \$70 NRNM: \$84

BEAMFIT PILATES

Balance, Engage, Align and Move your body on the BEAM in a workout that is absolutely floorless! Incorporating the BEAM into your Pilates program will bring a whole new level of sensory awareness to your workouts through balance challenges that will greatly enhance your core strength and create perfect alignment from head to toe. PUNCH PASSES WILL NOT BE ACCEPTED.

Loc: Lake Forest Recreation Center, Studio - B

Age: 14Y and up

Instr: L. Julian

Time: 9:15am-10:00am

Code	Day	Date	Fee
28735	Mon	Jan 02-Mar 19	FCM: \$72 RNM: \$90 NRNM: \$108
28736	Mon	Apr 02-May 21	FCM: \$48 RNM: \$60 NRNM: \$72

INTRODUCTION TO YOGA

Brand new to yoga? Feeling a bit rusty after an extended absence from your mat? Join our Introduction to Yoga. It will teach you the basic postures, breathing, and relaxation techniques in a non-threatening environment. Increase flexibility, as you strengthen, tone, and revitalize your mind and body. After attending these classes students will feel confident to continue their journey into other group yoga classes. You must register for this class. Once the minimum number of registered participants has been met, and not exceeded maximum, other participants may use a punch pass.*

Loc: Lake Forest Recreation Center, Studio - B

Age: 14Y and up

Instr: T. Ulmer

Time: 8:00am- 9:00am

Code	Day	Date	Fee
29350	Wed	Jan 04-Mar 21	FCM: \$96 RNM: \$120 NRNM: \$144
29351	Wed	Apr 04-May 30	FCM: \$72 RNM: \$90 NRNM: \$108

HATHA YOGA

This series is for all levels including beginners and more experienced students. The main purpose of this class is stress reduction, flexibility and overall improvement in your physical, emotional and spiritual well-being. This course includes the practice of Hatha Yoga postures and various breathing and meditation techniques. Registration is required for this course. Class runs for 1 hr 15 minutes. You must register for this class. Once the minimum number of registered participants has been met, and not exceeded maximum, other participants may use a punch pass.*

Loc: Lake Forest Recreation Center, Studio - A

Age: 14Y and up

Instr: T. Ulmer

Time: 9:15am- 10:30am

Code	Day	Date	Fee
29353	Wed	Jan 04-Mar 21	FCM: \$120 RNM: \$144 NRNM: \$180
29352	Wed	Apr 04-May 30	FCM: \$90 RNM: \$108 NRNM: \$135

VINYASA YOGA

An energetic yoga practice that connects the breath (pranayama) to movement with longer held poses (asanas). This practice will allow you to refine postures and to move beyond limitations of the body and mind. You must register for this class. Once the minimum number of registered participants has been met, and not exceeded maximum, other participants may use a punch pass.*

Loc: Lake Forest Recreation Center, Studio - D

Age: 14Y and up

Instr: A. Hepburn

Code	Day	Time	Date	Fee
29354	Mon	8:15am- 9:15 am	Jan 02-Mar 19	FCM: \$120 RNM: \$144 NRNM: \$180
29355	Sat	8:15am- 9:30 am	Jan 07-Mar 24	FCM: \$120 RNM: \$144 NRNM: \$180
29356	Mon	8:15am- 9:15 am	Apr 02-May 21	FCM: \$80 RNM: \$96 NRNM: \$120
29357	Sat	8:15am- 9:30 am	Apr 07-May 26	FCM: \$90 RNM: \$108 NRNM: \$135

**Yoga Punch Pass
AVAILABLE!**

Looking for more fitness opportunities? See page 41 for Adult Dance offerings.