



JANUARY

CALENDAR OF EVENTS

COMMUNITY EVENTS

ASK THE EXPERT Learn about our medically supervised weight-loss program **OPTIFAST®** with Tanya Tanzillo, DNP, FNP-BC.

Tuesday, Jan. 3 • 9-10:30am • FREE

Centegra Health Bridge Fitness Center - Huntley Conf. Room

Thursday, Jan. 12 • 8:30-10am • FREE

Centegra Health Bridge Fitness Center - Crystal Lake Conf. Room

TENNIS – HUNTLEY

HIGH SCHOOL TENNIS TEAM CLINIC

Saturday, Jan. 14 • 2:30-4pm

GROUP TENNIS LESSONS, SESSION 3 (8 WEEKS)

Jan. 2-Feb. 26 • Registration going on now!

SUNDAY HIGH SCHOOL MATCH PLAY • \$10/player

Sundays, 3-4:30pm

JANUARY SPA SPECIALS

» **\$30** No-chip pedicure

» **50% OFF** Detox Peel when you book any facial*

» **\$20** Full Body Spray Tan*

*Services available at The Bridge Spa in Crystal Lake only

KIDZONE *Prices vary per program. Please see concierge for details.*

KIDS IGNITE • Wednesdays & Thursdays, Jan. 4-26
4:30-5:30pm • Huntley

WINTER CAMP • Jan. 2 & 3 • Huntley

HALF DAY: 9am-2:30pm **FULL DAY:** 8am-4:30pm

KIDS NIGHT OUT • Friday, Jan. 13 • 4:30-9:30pm • Huntley
Friday, Jan. 20 • 4:30-9:30pm • Crystal Lake

BABYSITTING TRAINING COURSE • Monday, Jan. 16
9am-3:30pm • Crystal Lake

FAMILY YOGA • Saturdays • 11am-Noon

Jan. 7 & 21 in Huntley • Jan. 14 & 28 in Crystal Lake

MEMBER APPRECIATION

Tuesday, Jan. 17 • 10am

Stop by our Crystal Lake or Huntley locations and enjoy complimentary refreshments.

BOOK A BIRTHDAY PARTY!

Visit KidZone or call concierge at 815-444-2900 to book your child's birthday party today!

IGNITE STUDIOS

RUMP Thursdays • 7:15-7:45pm • Crystal Lake

BOOTYBARRE Tuesdays • 4:15-5:15pm • Crystal Lake

FREESTYLE ELITE Tuesdays • 8-8:45am & 4:45-5:30pm

Thursdays • 5:15-6am & 4:45-5:30pm • Crystal Lake

ULTIMATE SANDBAGS • Tuesdays, 8:15-8:45am

Thursdays, 4-4:30pm • Saturdays, 12-12:30pm • Huntley

BACK ON YOUR FEET • Tuesdays, 9:30-10am

Wednesdays, 5:30-6pm • Huntley

TRX • Tuesdays, 9-9:50am • Thursdays, 8:10-9am • Huntley

GROUP FITNESS UPDATES & LAUNCHES

BODYPUMP TECHNIQUE

Jan. 7 @ 11am • Jan. 12 @ 4pm • Huntley

Jan. 8 @ 1:45pm • Jan. 11 @ 6:05pm • Crystal Lake

BIKING FOR BEGINNERS • Jan. 8 • 12:45pm • Crystal Lake

Jan. 25 • 6:15pm • Huntley

FAMILY CYCLE • Jan. 8 & 22 • 2-3pm • Crystal Lake

BODYPUMP 100 LAUNCH

Jan. 14 • 10am, Huntley • 11:15am, Crystal Lake

Jan. 15 • 9:15am & Noon, Huntley • 11:15am & 3pm, Crystal Lake

FTP TESTING - STAGES PEAK PERFORMANCE RIDE

Jan. 16, 6:15pm • Jan. 17, 5:15am • Jan. 21, 6:30am

ACRO YOGA WORKSHOP • Jan. 21 • 2-4pm, Huntley

SH'BAM • Jan. 7 & 8

CXWORX • Jan. 28 & 29

AQUATICS

GROUP SWIM LESSONS, SESSION 1 • Jan. 2-Feb. 18

Registration going on now!

GROUP SWIM LESSONS, SESSION 2 • Feb. 19-Apr. 15

Registration for members begins Feb. 6

Currently enrolled may register Feb. 11 • Open Enrollment Feb. 13

ILLINOIS MAGIC BASKETBALL

This challenging program will focus on shooting, ball handling and one-on-one moves to create better basketball players and foster a greater love for the game. Spring sessions hosted for children in 3rd - 8th grade beginning April 2017.

Visit ilmagic.com to sign up today! Space is limited.

healthbridgefitness.com

