



MARCH CALENDAR OF EVENTS

MARCH SPA SPECIALS

FREE AROMATHERAPY with any massage service

\$25 SPA MANICURE | Make it a no-chip for just **\$10 more**
Must request no-chip at time of booking

Book and receive any Facial or Detox Peel during the month of March and be entered to win a **FREE BACK TREATMENT!**

COMMUNITY EVENTS

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

Tuesday, March 7 • 9-10:30am • FREE

Centegra Health Bridge Fitness Center - Huntley Conf. Room

Monday, March 13 • 8:30-10am • FREE

Centegra Health Bridge Fitness Center - Crystal Lake Conf. Room

IGNITE STUDIOS

ULTIMATE SANDBAGS • Huntley

Various dates and times. See concierge for details.

TRX • Tuesdays & Thursdays, 9-9:50am • Huntley

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

Wednesdays, 5:30-6pm • Huntley

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

FREESTYLE ELITE Tuesdays • 4-4:45pm

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

RUMP Thursdays • 4-4:30pm • Crystal Lake

GROUP FITNESS LAUNCHES & UPDATES

BODYSTEP 106 LAUNCH • March 4 • Crystal Lake & Huntley

ACRO YOGA WORKSHOP • March 4 • 2-4:30pm • Huntley

Drop-in Fee: \$12.50, or use an Ignite Studios pass

BIKING FOR BEGINNERS • March 5 • 11-11:45am • Crystal Lake

FAMILY CYCLE • March 5 & 19 • 2-3pm • Crystal Lake

MEMBER APPRECIATION

Friday, March 17 • 9am

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

AQUATICS

AMERICAN RED CROSS WATER SAFETY INSTRUCTOR CLASS

Sundays, April 9-May 13 • 2-8pm • Pre-course is March 7
\$295 Member • \$345 Community • Huntley

Must be 16 years of age and able to swim at ARC Level 5 for six specific strokes. For details or to register, see concierge.

STAY TUNED! Registration begins April 3 for Session 3 Children's Group Swim Lessons.

KIDZONE

KIDS NIGHT OUT • March 10 • 4:30-9:30pm • Huntley

March 17 • 4:30-9:30pm • Crystal Lake

SPLASH TIME • March 27-March 31 • 11am-1pm • Huntley

SPRING BREAK CAMPS • March 27-March 31 • Huntley

Full Day: 8am-4:30pm, Half Day: 9am-2:30pm

YOGA & SWIM CAMP • March 27 • 12-3pm • Crystal Lake

CANVAS & COOKIES • March 31 • 1-4pm • Crystal Lake

Prices vary for each program. See concierge for details.

TENNIS - HUNTLEY

JUNIOR GRAND PRIX TOURNAMENT - BOYS

Saturday, March 11 • 6pm • Ages 12 and under

JUNIOR GRAND PRIX TOURNAMENT - BOYS

Saturday, March 25 • 6pm • Ages 10 and under

ACES AND AQUATICS SPRING BREAK CAMP

Monday, March 27-Friday March 31 • 9:30am-12:30pm

PERSONAL TRAINING

RUN YOUR FIRST 5K • March 9-April 23 • Crystal Lake

Thursdays, 4:30-5:30pm & Sundays, 10-11am • \$150/participant

Get ready to cross the finish line as you train to run your first 5K, The Human Race, with our experienced personal training staff.

FREE FITNESS DEMOS • Various dates in March

Women with Weights • Rowing 101 • Basic Barre

Free Weights 101 • GET A GRIP!

GOLF CONDITIONING HITTING & INFO SESSION

March 22 • 5:30-6:30pm • Crystal Lake • FREE

Learn about our Golf Conditioning program beginning in May!