



MAY CALENDAR OF EVENTS

MAY SPA SPECIALS

Book any facial during the month of May and receive a Paraffin Foot Bath for **ONLY \$5!**

\$50 SCALP & FOOT TREATMENT

\$25 BASIC NO-CHIP MANICURE

BOOK YOUR SAFE, SUN-KISSED SPRAY TAN TODAY!

Special pricing available for first-time customers.

KIDZONE

NERF NIGHT • May 6 • 4-7pm • Crystal Lake

KIDS NIGHT OUT

May 12 • 4:30-9:30pm • Crystal Lake

May 19 • 4:30-9:30pm • Huntley

MOTHER'S DAY YOGA

May 13 • 11am-Noon • Crystal Lake & Huntley

EARLY BIRD REGISTRATION - ENDS MAY 19

Register for KidZone Day Camps at our Huntley location by Friday, May 19 and receive special Early Bird pricing!

Prices vary for each program. See KidZone or concierge for details.

AQUATICS

OUTDOOR POOL PASSES ON SALE NOW!

Outdoor pool opens May 27. See concierge for details.

CHILDREN'S SWIM INTENSIVES • Registration begins May 22.

Session A • June 5-15 • 9am-Noon • Huntley & Crystal Lake

Session B • June 19-29 • 9am-Noon • Huntley & Crystal Lake

NEW! MIRACLE SWIMMING FOR ADULTS

Conquer your fear of water and learn how to swim.

Open to adults 18 and older at our Crystal Lake location.

CHILDREN'S GROUP SWIM LESSONS, SESSION 4

Members may register May 30. Those currently enrolled may register June 3. Open registration begins June 5.

ASK THE WEIGHT-LOSS SPECIALIST

Do you have questions about how to effectively lose weight? Learn more from Tanya Tanzillo, DNP, FNP-BC.

Tuesday, May 2 • 9-10:30am • FREE

Centegra Health Bridge Fitness Center-Huntley Café Atrium

Monday, May 8 • 9-10:30am • FREE

Centegra Health Bridge Fitness Center-Crystal Lake Trackside

FREE FITNESS DEMOS *All demos are 30 minutes.*

FOAM ROLLING 101 • Crystal Lake

Tuesday, May 2 • 8:30am | Wednesday May 10 • 5pm

Tuesday, May 16 • 6pm | Sunday, May 21 • 9:30am

Wednesday, May 24 • 9am

SLED BASICS • Crystal Lake

Thursday, May 18 • 9am | Saturday, May 27 • 9:30am

Tuesday, May 30 • 9am

MUSCLE ACTIVATION TECHNIQUE BASICS • Crystal Lake

Tuesday, May 2 • 5:30pm | Saturday, May 6 • 11am

Monday, May 8 • 6pm | Saturday, May 13 • 11am

Wednesday, May 17 • 6pm | Monday, May 22 • 6pm

PUSH UP TO RESULTS • Huntley

Monday, May 1 • 5pm | Wednesday, May 3 • 5pm

Friday, May 5 • 10:30am | Saturday, May 6 • 11am

Tuesday, May 9 • 9am | Wednesday, May 10 • 5pm

Saturday, May 13 • 10am

RUNNING MECHANICS 101 • Huntley

Monday, May 1 • 11:30am | Friday, May 5 • 4:30pm

Saturday, May 6 • 10am | Tuesday, May 9 • 7am

Friday, May 12 • 4:30pm | Saturday, May 13 • 11am

Thursday, May 18 • 11:30am

GROUP FITNESS LAUNCHES

LES MILLS™ LAUNCHES

BODYSTEP 107 • May 6

BODYFLOW 76 • May 13 & 14

BODYCOMBAT 71 • May 20 & 21

MEMBER APPRECIATION

Sunday, May 14

Happy Mother's Day! Stop by our Crystal Lake or Huntley location and enjoy a complimentary gift while supplies last.

TENNIS - HUNTLEY

GROUP TENNIS LESSON SESSION 5 • May 1- June 25

NITTL LADIES TRAVEL LEAGUE PLAYOFFS • begins May 4

CINCO DE MAYO MEN'S DOUBLES CHAMPIONSHIP

May 5 • 7pm

JUNIOR GRAND PRIX TOURNAMENT • May 13 • 6pm

Boys 14 and under