

JUNE CALENDAR OF EVENTS

JUNE SPA SPECIALS

MASSAGE

90-Minute Massage \$70
 90-Minute Massage w/ Cupping \$77 (Huntley location only)

NAILS

Basic Pedicure \$25

ESTHETICS

Eyebrow, Lip or Chin Threading \$10
 Full Face Threading \$15
 Any Facial 15% Off



Don't forget Dad! Give him the gift of relaxation with a spa gift certificate.

KIDZONE

KIDZONE SUMMER CAMP • Each week in June • Huntley

EXPLORERS CLUB

Every Wednesday in June • 10am-2pm • Huntley

KIDS NIGHT OUT

June 9 • 4:30-9:30pm • Huntley | June 23 • 4:30-9:30pm • Crystal Lake

SPLASH TIME • 12-2PM

June 13, 20, 27 • Huntley | June 15, 22, 29 • Crystal Lake

GYMNASTICS FIELD TRIP

June 16 • 9am-2:30pm • Crystal Lake

BABYSITTING TRAINING COURSE

June 19 • 9am-3pm • For ages 11-14 • Crystal Lake

KIDS YOGA & SWIM

June 20 • 12-3pm • Crystal Lake

PAINTING POOLSIDE • 12-3PM

June 23 • Huntley | June 27 • Crystal Lake

KIDS RECESS

June 30 • 1-4pm • Crystal Lake

Prices vary for each program. For more details, see KidZone or concierge.

MEMBER APPRECIATION EVENT

SUNDAY, JUNE 18

Happy Father's Day! Please stop by our Crystal Lake or Huntley location and enjoy a complimentary snack (while supplies last).

AQUATICS

OUTDOOR POOL PASSES ON SALE NOW

Our outdoor pools are open! See concierge for details.

NEW: MIRACLE SWIMMING ADULTS

Conquer your fear of water and learn how to swim. Open to adults 18 and older at our Crystal Lake location.

ANNUAL MEMBER APPRECIATION POOL PARTY

June 25 • 12-2pm • Crystal Lake and Huntley Outdoor Pools

Everyone living in your household is invited to our Member Appreciation Pool Party! Food, fun, games and events.

CHILDREN'S SWIM INTENSIVES • Registration begins June 26

Session C • July 10-20 • 9am-Noon • Crystal Lake & Huntley
 Session D • July 24-August 3 • 9am-Noon • Crystal Lake & Huntley

FREE FITNESS DEMOS *All demos are 30 minutes.*

KETTLEBELLS 101 (Crystal Lake)

June 1 • 9am | June 2 • 12pm | June 5 • 9am | June 7 • 7am
 June 9 • 8pm | June 10 • 2pm | June 15 • 10am | June 21 • 10am

VO2 MAX (Crystal Lake)

June 5 • 5pm | June 7 • 4:30pm | June 14 • 5pm | June 19 • 5pm
 June 26 • 5pm | June 29 • 4:45pm

TRX® 101 (Huntley)

June 5 • 7am | June 6 • 4:30pm | June 11 • 11am
 June 12 • 4:30pm | June 20 • 4:30pm | June 25 • 11am
 June 26 • 4:30pm

MUSCLE ACTIVATION TECHNIQUES (Huntley)

June 6 • 5pm | June 7 • 9am | June 10 • 9am | June 12 • 9am
 June 13 • 5pm | June 17 • 9am | June 21 • 9am

GROUP FITNESS LAUNCHES & EVENTS

LES MILLS™ BODYVIVE LAUNCH • June 3 • 10am • Crystal Lake

BRIDGE TO PILATES • Mondays at 6pm • June 26-July 17
 \$99 • Crystal Lake, Studio 3

SUMMER SOLSTICE OUTDOOR YOGA CELEBRATION

June 17 • 9am-12pm • Registration is from 9-9:30am at both locations. Class is outside from 9:45-10:45am with our certified yoga instructors. Enjoy food, raffle prizes and interactive booths inside afterward! Members and nonmembers welcome. Fee is \$5 per person (all proceeds benefit the Centegra Health System Foundation; cost includes gift valued over \$25).

THEMED CYCLE: ROAD TRIP RIDE!

June 10 • 9:35-10:35am • Crystal Lake, Studio 2
 June 20 • 6:15-7:15pm • Huntley, Cycle Studio

TENNIS - HUNTLEY

YOUTH RED/ORANGE TOURNAMENT (AGES 5-8)

June 9 • 4:30-6pm

JUNIOR ELITE ACADEMY • Begins June 12

ACES & AQUATICS SUMMER CAMPS (AGES 6-12)

June 12-23 • June 26-July 7 (**no camp July 4**)
 Monday-Friday • 8:30am-12pm and/or 1-4:30pm
 Tennis Courts/Gymnasium/Pool • \$180 Member | \$195 Community

USTA YOUTH TENNIS CAMPS • Crystal Lake Gym

Monday and Wednesday • June 12-28
 11am-12pm (for ages 5-7) • 12pm-1pm (for ages 8-10)

ALL TENNIS CAMP (AGES 8-12) • Monday, Wednesday, Friday

June 19, 21, 23 • 10am-1pm • Tennis Courts

SESSION 6: 8-WEEK GROUP TENNIS SESSION

Begins June 26 (**registration open now ... 30% off!**)