

AUGUST CALENDAR OF EVENTS

NEW!

WI-FI ACCESS UPDATE

Select wireless network "101" in your personal device settings. Use password "Guest@Centegra" to connect.

TENNIS-HUNTLEY

PARENT/CHILD DOUBLES TOURNAMENT

Friday, August 25
10 and under with parent • 5pm
11-18 with parent • 7pm

USTA YOUTH TOURNAMENTS

August 19 • 1pm • Red Ball • 8 and under
August 19 • 4pm • Orange Ball • 10 and under
August 20 • 1pm • Green Ball • 10 and under

NITTL SEASON KICKOFF DRILLS

August 28-31 • 9:30-11:30am

NITTL SEASON KICKOFF DOUBLES MIXER

September 1 • 10:30am-1:30pm

FREE FITNESS DEMOS-CRYSTAL LAKE

TRIATHLON TRAINING: THE SWIM

Meet at the Indoor Pool

Personal trainer, triathlete and Master Swim Coach John Fleck will teach you about the training behind mastering the swim leg of any triathlon.

August 15 • 7pm | August 19 • 2pm
August 22 • 2pm | August 26 • 1pm

BATTLE ROPES 101

Meet at the Fitness Desk

Learn how you can scorch calories as personal trainer Laura Johnson demos how to use the battle ropes.

August 7 • Noon | August 10 • 7pm
August 15 • 3:30pm | August 18 • 1pm
August 22 • 7pm | August 24 • 3:30pm

FREE FITNESS DEMOS-HUNTLEY

ULTIMATE SANDBAGS

Meet at the Fitness Desk

Personal trainer Nancy Gerent will teach you about functional strength training using weighted sandbags.

August 2 • 10am & 4pm | August 4 • 10:30am
August 14 • 5pm | August 17 • 9am
August 18 • 10:30am | August 19 • 11am

ARMS: FROM FLAB TO FAB

Meet at the Fitness Desk

Learn how to tone up your arms using free weights, machines and body weight exercises with personal trainer Diane Wilkes.

August 7 • 5:30pm | August 14 • Noon
August 19 • 4pm | August 21 • 5:30pm
August 24 • Noon | August 26 • 4pm
August 31 • 5:30pm

All demos are 30 minutes.

AUGUST SPA SPECIALS

MASSAGE

FREE Foot Scrub with any 60- or 90-minute massage
Add cupping to any massage service\$7
Available only at our Huntley location with Anitra

ESTHETICS

Upper Lip, Eyebrow or Chin Threading\$10
Any Facial.....\$60

NAILS

Basic No-Chip Manicure.....\$25
Basic Spa Pedicure.....\$35

GROUP FITNESS LAUNCHES & UPDATES

LES MILLS™ BODYSTEP 108 • August 5
LES MILLS™ BODYFLOW 77 • August 12 & 13
LES MILLS™ BODYCOMBAT 72 • August 19 & 20
LES MILLS™ BODYVIVE 43 • August 26 & 27

AQUA JAM • August 12 • 8-9am • Crystal Lake

AQUATICS

OUTDOOR POOL PASSES NOW 50% OFF

See concierge for details.

INDOOR POOL CARE MAINTENANCE DATES

August 6-19 • Huntley
August 20-September 2 • Crystal Lake

CHILDREN'S GROUP SWIM LESSONS *Registration open!*

August 7-October 9, Crystal Lake
August 21-October 9, Huntley

HIGH SCHOOL SWIM TEAM PRACTICE • Huntley

August 23-November 16, Monday-Friday • 3-5pm
Monday & Wednesday • 5:15-6:15am

Please note limited lap lane usage at our indoor pool.

NEW! SWIM TEAM CLINIC • Crystal Lake

Wednesdays, September 6-October 11 • 4:30-5:30pm

NEW! FITNESS SWIMMER • Crystal Lake

Thursdays, September 7-October 12 • 4:30-5:30pm
Mondays, September 11-October 9 • 6:30-7:30pm

See concierge for details and pricing.

MEMBER APPRECIATION EVENT

Monday, August 14

It's National Creamsicle® Day! Enjoy the complimentary frozen treat at either our Crystal Lake or Huntley location.

KIDZONE AUGUST 2017

EVENTS & PROGRAMS

DROP 'N' SHOP

Did someone say, "stress-free back-to-school shopping?" KidZone has brought Drop 'n' Shop back by popular demand. Children as young as 4 months old through 11 years old will have safe, supervised fun in KidZone for up to three hours.

**Open the entire month of August, Monday-Friday
8am-5pm, CHBFC-Crystal Lake & Huntley**
Member • \$4/hour/child
Community • \$6/hour/child

KIDZONE SUMMER CAMP

There's still time to enroll your child in our fun-filled camps that keep kids busy! With full- and half-day options, your child will enjoy themed activities, crafts, field trips and more all month long. Each week is different so you can plan your adventures to KidZone accordingly! Flexible weekly plans are available. For kids ages 4-12.

Monday-Friday, August 1-18, CHBFC-Huntley
Half Day: 9am-2:30pm • Full Day: 8am-4:30pm
Member Weekly Full Day: \$220/Half Day: \$175
Community Weekly Full Day: \$260/Half Day: \$200
Member Daily..... Full Day: \$60/Half Day: \$40
Community Daily..... Full Day: \$75/Half Day: \$55

KIDS' RECESS

It's an afternoon that can't be beat ... with planned athletic activities, a pizza lunch and swimming at our outdoor pool. For kids ages 4-11.

Tuesday, August 1, Noon-3pm
CHBFC-Crystal Lake
Member • \$21 | Community • \$30

INDOOR POOL CARE

Because of our dedication to having the best and cleanest facilities for you and your family to enjoy, our indoor pools will be closed for their annual maintenance. Some group fitness classes may be canceled or moved because of the closures. See healthbridgefitness.com for our most up-to-date schedule. Call 815-444-2900 for more information.

KIDS' NIGHT OUT



An exciting "night out" for kids ages 1-11. Children will work on a craft, eat a pizza dinner and watch a movie. Popcorn is included. Bring your swimsuit. Swim time is scheduled for ages 4-11.

Friday, August 4, 4:30-9:30pm, CHBFC-Huntley
Friday, August 18, 4:30-9:30pm, CHBFC-Crystal Lake
Member • \$25 | Community • \$38

END OF SUMMER LUAU

Grab your favorite Hawaiian shirt for a fun afternoon of games and a tasty treat at KidZone!

Thursday, August 17, Noon-3pm
CHBFC-Crystal Lake
Member • \$21 | Community • \$30



SUMMER SAND PRINT PARTY

Kids ages 4-11 will create a summer-themed sand plaster cast of either their hand or their foot and enjoy an afternoon of swimming at the outdoor pool. Bring a sack lunch. Sand prints are fun, safe and a great gift or keepsake.

Wednesday, August 9, Noon-3pm
CHBFC-Crystal Lake
Member • \$21 | Community • \$30

 **Centegra Health Bridge Fitness Center**

HUNTLEY

Indoor Pool closed
August 6-19

All Arthritis Water Exercise (AWE) classes will be canceled during this time and will resume Monday, August 21.

CRYSTAL LAKE

Indoor Pool closed
August 20-September 2

All AWE and MS Water Exercise classes will be canceled during this time and will resume Tuesday, September 5.