

NOVEMBER CALENDAR OF EVENTS

GROUP FITNESS LAUNCHES & UPDATES

Les Mills™ BODYSTEP 109 • November 4 & 5

Highlighted launch! Enter to win raffle prizes.

Les Mills™ BODYFLOW 78 • November 11 & 12

Les Mills™ BODYCOMBAT 73 • November 18 & 19

STAGES CYCLING™ FTP RIDES

November 6 • 6:15pm

November 7 • 5:15am

Crystal Lake • Studio 2

FAMILY CYCLE DURING FAMILY FITNESS TIME

Every other Sunday • November 12, 2017-March 18, 2018

2-2:45pm • Crystal Lake

TENNIS-HUNTLEY

JR. GRAND PRIX TOURNEY BOYS 14U AND GIRLS OPEN

November 11 • 6pm

BLACK FRIDAY TURKEY BURN CARDIO TENNIS

November 24 • 10:30am

MEN'S BLACK FRIDAY PRIZE MONEY SINGLES TOURNEY

November 24 • Noon

USTA SINGLE DAY SHOWDOWN BOYS/GIRLS

November 25 • 1:30pm | 14U

TENNIS AND SWIM WINTER BREAK CAMPS

Kids ages 6-12 will receive instruction from our tennis pros, plus enjoy gym activities and swimming. Tennis, pizza and a movie are planned for Friday.

Dec. 26-29; Jan. 2-5 • 9:30am-12:30pm

ALL TENNIS WINTER BREAK CAMP

Kids ages 9-13 will receive instruction from our tennis pros, play fun games and run through drills.

Dec. 26 & 28; Jan. 2 & 4 • 1-3pm

Please note: 14U refers to ages 14 and under

AQUATICS-HUNTLEY

AMERICAN RED CROSS LIFEGUARD RECERTIFICATION

November 5 & 11 • 10am-4pm

This course must be completed every two years to keep ARC Lifeguard certification current.

WATER SAFETY INSTRUCTOR (WSI) COURSE

November 5-December 12 • 2-8pm

Prerequisite: Water Safety Instructor Pre-course

FREE FITNESS DEMOS - HUNTLEY

POSTURE PICKUP

Personal trainer Kyle Camp will demonstrate simple exercises to help improve posture.

November 1 • 7am

November 8 • 5:30pm

November 12 • 11:30am

November 27 • 10:30am

November 3 • 10am

November 9 • 4:30pm

November 15 • 9am

ULTIMATE CORE

Join personal trainer Courtney Glorch to learn what it takes to challenge your strength and stability in order to create the ultimate core workout.

November 5 • 10:30am

November 9 • 8am

November 14 • 7:30am

November 20 • 7am

November 7 • 4:30pm

November 12 • 11am

November 16 • 6pm

FREE FITNESS DEMOS - CRYSTAL LAKE

MAT (MUSCLE ACTIVATION TECHNIQUE)

Learn the basics of MAT with engaging exercises shown by personal trainer Patrick Reed.

November 1 • 5pm

November 9 • 5:30pm

November 17 • 11am

November 28 • 5:30pm

November 6 • 5:30pm

November 14 • 10am

November 20 • 5:30pm

THE BASICS OF BALANCE

Balance is one of the most important components of fitness, yet often one of the most overlooked. Personal trainer Shawn Tegtmeier will show you how to incorporate balance training into your workout routine.

November 3 • 11am

November 14 • 3:30pm

November 27 • 12:30pm

November 11 • 11:30am

November 16 • Noon

TRICKY TURKEY TRIATHLON

Sunday, November 12 • Noon • Crystal Lake & Huntley
Open to members ages 12 and older • Register today!

See the concierge for questions about pricing or programs.

Call 815-444-2900 for more information.

Centegra
Health Bridge
Fitness Center

ALWAYS LOOKING AHEADSM



KIDZONE NOVEMBER CALENDAR OF EVENTS

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. Attendees ages 4-11 are asked to bring their swimsuit for swim time.

Friday, November 17 • 4:30-9:30pm • Huntley
Friday, November 17 • 4:30-9:30pm • Crystal Lake
Member: \$25 | Community: \$38

KIDZONE DAY CAMPS

KidZone's Day Camps are back for November! Kids ages 4-12 can enjoy a half- or full-day of camp, including themed activities such as swimming, movement challenges, crafts, science experiments and more. Bring a sack lunch or lunch money for Subway on site.

**Monday, November 20-Wednesday, November 22
& Friday, November 24 • Huntley**

Full Day | 8am-4:30pm
Member: \$60 | Community: \$75 *Camp pricing is per day.*

Half Day | 9am-2:30pm
Member: \$40 | Community: \$55 *Camp pricing is per day.*

SPLASH TIME

Drop your kids off at Kid Zone for an afternoon of swimming and a pizza lunch. For kids ages 4 and older.

Monday-Wednesday, November 20-22
Friday, November 24
Noon-2pm • Huntley
Member: \$12 | Community: \$18

CANVAS & COOKIES

Kids ages 4-11 will create their own holiday-themed canvas painting with step-by-step instructions from our team members. Cookies will also be served.

Tuesday, November 21 • 1-4pm • Huntley
Member: \$22 | Community: \$32

DIVE 'N' DODGE

Kids ages 4-11 will enjoy an afternoon of dodgeball and swimming. Snacks and juice will be served.

Wednesday, November 22 • 1-4pm • Crystal Lake
Member: \$22 | Community: \$32

DROP 'N' SHOP

Drop the kids off at KidZone and take care of your holiday shopping and errands with ease! For children ages 4 months old through 11 years old. Three hour max time limit, Monday through Friday only.

Friday, November 24-Friday, December 22 • 8-5pm
Crystal Lake & Huntley
Member | \$4/hour per child
Community | \$6/hour per child

Call 847-802-7012 or stop by KidZone
to register today.