



DECEMBER CALENDAR OF EVENTS

TENNIS-HUNTLEY

COOKIE AND ORNAMENT EXCHANGE MIXER
December 22 • 10:30am

NEW YEARS EVE MIXER • December 31 • 2pm

RED BALL TOURNAMENT 8 AND UNDER
December 2 • 1pm

ORANGE BALL TOURNAMENT 10 AND UNDER
December 2 • 4pm

GREEN BALL TOURNAMENT 10 AND UNDER
December 16 • 4:30pm

THEMED DROP-IN CLINICS
December 26, 27 and 28 • 9-11am
January 2, 3 and 4 • 9-11am

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

AQUATICS-HUNTLEY

CHILDREN'S SWIM LESSONS SESSION 1
January 8-February 19, 2018
Members may register December 18. Those currently enrolled may register December 23. Open registration begins December 26.

ADULT FITNESS SWIM
January 8-February 19, 2018 • Tuesdays • 7-7:45pm
Learn how to incorporate swimming into your workout with guidance from an experienced swim coach. You'll also build your endurance and improve stroke technique.
Open registration begins December 18.

DECEMBER SPA SPECIALS

\$25 NO-CHIP MANICURE
\$5 SCRUB with a 90-minute massage
\$20 LIP AND EYEBROW WAX or **THREADING COMBO**

FREE FITNESS DEMOS - HUNTLEY

HIIT TRAINING
Personal trainer Pat Reed will demonstrate the benefits of high intensity interval training.

December 2 • 9:30am	December 13 • 10:30am
December 4 • 11:30am	December 13 • 5:30pm
December 7 • 4:30pm	December 18 • 5:30pm
December 9 • 11am	

STANDING ABS

Learn how you can trim your waistline with personal trainer Diane Wilkes with exercises that get you off the ground.

December 4 • 5:30pm	December 11 • 5:30pm
December 5 • 1:30pm	December 16 • 4pm
December 8 • 11am	December 18 • 5:30pm
December 9 • 4pm	

FREE FITNESS DEMOS - CRYSTAL LAKE

WORKING OUT TO WIN

Join personal trainer Patrick Reed for a preview of this fun yet challenging Ignite Studios class.

December 4 • 5:30pm	December 13 • 5pm
December 6 • 5pm	December 18 • 5:30pm
December 11 • 5:30pm	

IGNITE STUDIOS - HUNTLEY

FAST TRACK TO FITNESS

Mondays & Wednesdays • 9:30am

FREESTYLE ELITE • Wednesdays • 6:15am

BOOTCAMP • Wednesdays • 6pm

GROUP FITNESS

FAMILY CYCLE

December 10 • 2-2:45pm • Studio 2 • Crystal Lake

WINTER SOLSTICE RESTORATIVE YOGA AND STRESS MANAGEMENT WORKSHOP

December 17 • 3:15-5:15pm • Conf. Room • Crystal Lake

December 21 • 7:30-9:30pm

Mind/Body Studio • Huntley

Take part in a Stress Management workshop hosted by the Centegra Wellness team and enjoy a Restorative Yoga class afterward. Light refreshments will be served.



KIDZONE DECEMBER CALENDAR OF EVENTS

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 through 11 years old. Three hour max time limit, Monday through Friday only.

Friday, December 1-Friday, December 22 • 8-5pm
Crystal Lake & Huntley
Member | \$4/hour per child
Community | \$6/hour per child

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, December 8 • 4:30-9:30pm • Huntley
Member: \$25 | Community: \$38

KIDZONE WINTER CAMPS

KidZone's Winter Camps are back for December! 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.

Thursday, December 21-Tuesday, January 2 • 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.*

SWIM TIME

Drop your kids off at KidZone for an afternoon of swimming. Be sure to bring a sack lunch. For kids ages 4 and older.

December 21-22; 26-28 Noon-2pm • Huntley
December 26 Noon-2pm • Crystal Lake
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.

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

KIDZONE BASKETBALL

Kids ages 4-11 will enjoy an afternoon of playing basketball in the gym.

Wednesday, December 27 • 12:30-3pm • Crystal Lake
Member: \$15 | Community: \$22

KIDZONE NEW YEAR'S PARTY

Kids ages 1-11 can count down to the New Year in KidZone with a fun-filled evening bash. The party includes a movie, pizza, music, games and party favors. Attendees ages 4-11 are asked to bring their swimsuit for swim time.

Friday, December 29 • 4:30-9:30pm
Crystal Lake & Huntley
Member: \$25 | Community: \$38