

APRIL CALENDAR OF EVENTS

APRIL CLOSING

Centegra Health Bridge Fitness Center will be closed on Sunday, April 1 in observance of the Easter holiday.

FITNESS DEMOS-CRYSTAL LAKE

MAKE 20 MINUTES WORK FOR YOU

Personal trainer Kelly Tafoya will teach you high intensity functional workout ideas like burpees, box jumps and more.

Sun., April 1 • 2:30pm	Sun., April 15 • 2:30pm
Thurs., April 5 • 9am	Mon., April 16 • 5pm
Fri., April 6 • 5pm	Thurs., April 19 • 9am
Thurs., April 12 • 9am	Mon., April 23 • 5pm

TRX SUSPENSION TRAINING

Learn to complete various bodyweight exercises through TRX Suspension training with personal trainer Daniela McNally.

Mon., April 2 • 10am	Mon., April 16 • 10am
Thurs., April 5 • 10am	Thurs., April 19 • 10am
Mon., April 9 • 10am	Mon., April 23 • 10am
Thurs., April 12 • 10am	Thurs., April 26 • 10am

FITNESS DEMOS-HUNTLEY

THE SQUAT

Personal trainer Corey Richter will demonstrate the fundamentals of the squat and explain why it's crucial to include a version of this movement in every workout.

Mon., April 2 • 4pm	Sat., April 21 • 11am
Sat., April 7 • 11am	Fri., April 27 • 7:30am
Tues., April 10 • 5:30pm	Mon., April 30 • 4pm
Fri., April 13 • 7:30am	

THE WORKOUT PART 2: STRENGTH

Join personal trainer Courtney Glorch in the second of a three-part series focusing on the strength training portion of your workout. Learn about reps and sets, muscular fatigue and how often you should be lifting weights.

Sun., April 8 • 8am	Weds., April 11 • 10:30am
Mon., April 9 • 8am	Thurs., April 12 • 5:30am
Tues., April 10 • 5pm	

GROUP FITNESS

BODYFLOW TECHNIQUE WORKSHOPS

Sat., April 14 • 10am • Crystal Lake, Conference Room
Sat., April 28 • 11:30am • Huntley, Mind/Body Studio

CENTEGRA HEARING CLINIC

Complimentary audio exams are now available by appointment on Tuesdays and Thursdays at CHBFC-Huntley. Call 847-802-7445 to schedule an appointment.

APRIL SPA SPECIALS

15% OFF A BAMBOO MASSAGE with Tracey Lanman, LMT

15% OFF ANY WAXING SERVICE

\$35 SPA PEDICURE

COMPLIMENTARY AROMATHERAPY UPGRADE
when you book a massage

AQUATICS

OUTDOOR POOL

Stop by the concierge to complete member registration and purchase your pool passes today.

HEALTH BRIDGE HAMMERHEADS

Registration begins April 6.

Session Dates: April 23-July 19

Evaluation Dates:

Mon., April 2 • 4:30-5:30pm • Crystal Lake
Mon., April 2 • 7-8pm • Huntley
Weds., April 4 • 7-8pm • Crystal Lake and Huntley

SWIM LESSONS SESSION 3

Members may register April 9. Those currently enrolled may register April 14. Open registration begins April 16.

Adults and Children • April 23-June 11

LIFEGUARD RECERTIFICATION COURSE

April 15 and 22 • 2-7pm • Huntley

SYNCHRONIZED SWIMMING FOR CHILDREN

Swimmers ages 5-12 will perform coordinated, identical movements set to music.

April 28-June 16 (no class May 26)

TENNIS-HUNTLEY

SINGLE DAY SHOWDOWN BOYS 14U AND GIRLS 12U USTA TOURNAMENT

Sat., April 7 • 1:30pm

TENNIS IN 4 WEEKS

An overview of the basics of tennis for adults with little or no previous tennis experience.

April 10, 17, 24 and May 1 • 12:30-1:30pm

ORANGE BALL 10U USTA TOURNAMENT

Sat., April 14 • 1:30pm

GREEN BALL 10U USTA TOURNAMENT

Sat., April 14 • 3:30pm

JUNIOR GRAND PRIX GIRLS 12U

Sat., April 28 • 4pm

GROUP TENNIS SESSION 5 (6 WEEKS)

Registration opens April 16. Session begins May 7.