

MAY CALENDAR OF EVENTS

FITNESS DEMOS—CRYSTAL LAKE

MUSCLE PERFORMANCE TRAINING

Personal trainer Patrick Reed will show you how to get the most out of your muscles using a variety of training techniques.

Tues., May 1 • 10am Wed., May 23 • 4pm
Mon., May 7 • 5:30pm Thurs., May 31 • 6pm
Fri., May 18 • 12pm

CIRCUIT TRAINING

Circuit training is a fast-paced, high-intensity workout in which a series of exercises is performed in succession. Personal trainer John DeCicco will teach the basics.

Wed., May 2 • 8am Tues., May 22 • 3pm
Mon., May 7 • 9am Fri., May 25 • 3pm
Wed., May 9 • 5pm Mon., May 28 • 9am
Tues., May 15 • 8am Weds., May 30 • 9am
Thurs., May 17 • 4pm

FITNESS DEMOS—HUNTLEY

FIT ARMS FOR WOMEN

Personal trainer Diane Wilkes will demonstrate upper body exercises that can be done on the fitness floor to tone your arms for the summer.

Sat., May 5 • 4pm Mon., May 14 • 4pm
Tues., May 8 • 12:30pm Fri., May 18 • Noon
Thurs., May 10 • 6pm Sat., May 26 • 4pm

THE WORKOUT PART 3: INTERVALS

Join personal trainer Courtney Glorch in the final part of a three-part series focusing on the strength training portion of a workout. Learn about the benefits of interval training and how often it should be incorporated into your routine.

Sun., May 6 • 10am Wed., May 9 • 11am
Mon., May 7 • 8am Thurs., May 10 • 4:30pm
Tues., May 8 • 5pm

AQUATICS

SUMMER SWIM INTENSIVES

Registration begins May 14. Sessions take place in June.

OUTDOOR POOL

The outdoor pool opens on Saturday, May 26. Stop by the concierge for information on children's pool passes.

LIFEGUARD CERTIFICATION COURSE

Full attendance is required to obtain certification.

Fridays, May 25, June 1 & 8 • 6-9pm
Saturdays, June 2 & 9 • 2-8pm
Sundays, June 3 & 10 • 2-8pm

SPA SPECIALS

\$25 NO-CHIP BASIC MANICURE

\$35 MINI FACIAL

GROUP FITNESS

MAY IS NATIONAL BIKING MONTH

To celebrate, there will be themed cycling classes each week. Six classes per week, day and times vary.

Week 1 • May 1-6 • Road Ride
Week 2 • May 7-13 • Mountain Madness
Week 3 • May 14-20 • Intervals (HIIT)
Week 4 • May 21-27 • Sing Along

NATIONAL PILATES DAY IS MAY 5

We are celebrating by offering 10% off all Pilates packages purchased this month. Plus, participate in a complimentary Pilates demo led by teacher Bob Knowles.

Sat., May 5 & 12 • 11:10am & 11:40am • Huntley

KICK YOUR CORE PILATES

Join teacher Janet Fischer for a combination boxing/Pilates class that is guaranteed to kick your core!

Tues., May 1 & 8; Thurs., May 3 & 10 • 6am • Huntley

MOTHER'S DAY ZUMBA DANCE PARTY

Bring your mom, grandmother, child or grandchild to join us for a Mother's Day celebration! Refreshments will be served along with a small gift for each mom. Free to members and guests, registration required.

May 13 • 10-10:45am • Huntley, Gymnasium

MEMORIAL DAY CLASS SCHEDULE

Visit healthbridgefitness.com for the special group fitness schedule on Memorial Day, Monday, May 28.

TENNIS—HUNTLEY

HEALTH BRIDGE RED BALL 8U TOURNAMENT

Fri., May 4 • 5:30pm

CINCO DE MAYO MIXER

Sat., May 5 • 4:30-7:30pm

CARDIO CELEBRATION FOR PLAY TENNIS MONTH

Sat., May 5 • Noon-1pm

ORANGE BALL USTA 10U TOURNAMENT

Sat., May 12 • 1:30pm

GREEN BALL USTA 10U TOURNAMENT

Sat., May 12 • 3:30pm

TENNIS SESSION 5

May 7-June 17

SUMMER TENNIS CAMPS BEGIN JUNE 11



KIDZONE MAY 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, and pajamas to change into afterward.

Friday, May 4 • 4:30-9:30pm • Huntley
Friday, May 18 • 4:30-9:30pm • Crystal Lake
Member: \$25 | Non-Member: \$38

GIRLS' NIGHT

Girls ages 4 and older will enjoy an evening of swimming, manicures, eating pizza and watching a movie. Popcorn is included.

Saturday, May 5 • 4-7pm • Crystal Lake
Member: \$20 | Non-Member: \$30

MOTHER'S DAY YOGA

Parents are invited to join their kids ages 5-11 for a fun yoga class led by a certified yoga instructor. Together they will learn a variety of yoga poses while improving flexibility and balance.

Saturday, May 12 • 11am-noon
Crystal Lake & Huntley
\$10 per parent/child duo | \$5 per additional child

KIDZONE UNLIMITED

KidZone Unlimited offers unlimited monthly child care at both Health Bridge Fitness Center locations.

One child: \$28
Two children: \$38
Three or more children: \$50

KIDS' SUMMER CAMPS

The fun-filled summer camps your child has been waiting for are here! With full- and half-day options, children ages 4-13 will partake in themed activities, crafts, swimming in our outdoor pool, field trips and more. Each week is different, so you can plan your adventures to KidZone accordingly. Flexible weekly plans are available for busy families.

Weekly, June 4-August 17

One-time registration fee: \$40

Includes a camp T-shirt, field trip fees, transportation and a daily snack.

EARLY-BIRD RATES <i>(register by May 18)</i>	MEMBER	NON-MEMBER
Full Day weekly	\$185	\$220
Full Day 3-day	\$135	\$165
Half Day weekly	\$150	\$175

RATES <i>(after May 18)</i>	MEMBER	NON-MEMBER
Full Day weekly	\$220	\$260
Full Day 3-day	\$165	\$185
Full Day drop-in	\$60	\$75
Half Day weekly	\$175	\$200
Extended Time	\$5/30 minutes per family	