



# GLENCOE FITNESS

## OPENING IN NOVEMBER!

### GET FIT AT TAKIFF!

This fall, Glencoe Fitness will open at the Takiff Center! In addition to group fitness classes, Glencoe Fitness will have 13 pieces of Precor cardio equipment and 6 strength machines. Free weights, dumbbells, kettle bells, and medicine balls will also be available for self-guided fitness enthusiasts.

**\$0 INITIATION FEE**

The \$125 initiation fee will be waived if you join before January 1, 2018!

Our inviting, unintimidating, and pristine fitness area meets all your training needs in a compact environment. You can even track your progress with our state-of-the-art Preva cloud-based fitness app.

Personal training and group fitness classes will be offered for an additional fee.

Get in on the ground floor of fitness at the Glencoe Park District by becoming a member TODAY! Discounted memberships are available now with no initiation fee!



**CELEBRATE THE GRAND OPENING IN NOVEMBER!**

MEMBERSHIP TYPE	MEMBERSHIP LENGTH	GLENCOE RESIDENT	NON-RESIDENT
INDIVIDUAL	1-YEAR MEMBERSHIP	\$350	\$525
	6-MONTH MEMBERSHIP	\$270	\$405
	PAY-PER-MONTH MEMBERSHIP (1 YEAR COMMITMENT REQUIRED FOR FIRST YEAR)	\$40 PER MONTH	\$60 PER MONTH
ADDITIONAL FAMILY MEMBER  Family members must reside in the same household to purchase a family pass.	1-YEAR MEMBERSHIP (EACH ADDITIONAL FAMILY MEMBER)	\$300	\$450
	6-MONTH MEMBERSHIP (EACH ADDITIONAL FAMILY MEMBER)	\$250	\$375
	PAY-PER-MONTH MEMBERSHIP (EACH ADDITIONAL FAMILY MEMBER; 1 YEAR COMMITMENT REQUIRED FOR FIRST YEAR)	\$35 PER MONTH	\$53 PER MONTH
SENIOR/ STUDENT  Students: Age 14-22* Seniors: Age 65+* *ID required.	1-YEAR MEMBERSHIP	\$215	\$525
	PAY-PER-MONTH SENIOR/STUDENT (1 YEAR COMMITMENT REQUIRED FOR FIRST YEAR)	\$25 PER MONTH	\$60 PER MONTH
	WINTER BREAK STUDENT MEMBERSHIP	\$35	\$53
DROP-IN	DAILY FEE	\$10 PER DAY	\$15 PER DAY

**HOURS OF OPERATION**  
**5:30 AM-9 PM**  
 Monday-Friday  
**7 AM-5 PM**  
 Saturday & Sunday



# ADULT FITNESS

plug

INTO GROUP FITNESS CLASSES

Start your fitness routine today or add in a new class to spice up your regular workout! All classes take place in the Takiff Center, unless otherwise stated. It is recommended that students bring their own mat to all yoga classes for hygienic purposes.

For an up-to-date schedule, please visit [www.glencoeParkDistrict.com](http://www.glencoeParkDistrict.com)

## BALANCE BOARD YOGA

This class is a fun, challenging yet accessible Vinyasa style class. Practice a straight-forward, well-rounded flow that incorporates use of balance boards. Learn to move from the center of the body to strengthen your core. Find better balance and greater range of movement at this unique class! Class size is limited - early arrival is recommended.

## BOOTCAMP

A motivating one hour full body strength and cardio workout. Our certified fitness instructor will craft an energizing hour, filled with interesting exercises for all fitness levels. You will get exactly what you need to feel your healthiest and strongest!

## HATHA YOGA WITH ALISON

Increase your strength, stamina, and flexibility. Classes teach the basic yoga poses which are adapted to your skill level.

## MOVING WITH WEIGHTS WITH MARIANNE

This low-impact progressive cardio and weights program strengthens, improves muscle tone and increases bone density. You will burn calories while increasing your upper and lower body strength.

## NEW! ZUMBA PARTY

6:30-8 PM | FRIDAY, OCTOBER 13 | ACTIVITY# 217605-01

9:30-11 AM | SATURDAY, DECEMBER 9 | ACTIVITY# 217605-02

Grab your friends and get your Zumba on! Our certified instructor will lead participants through an hour of Zumba which will then be followed by 30 minutes of socialization and light refreshments. \$15/20 PER PERSON



## FITNESS PUNCH CARD

To join a class, you may register for a class or purchase a Fitness Punch Card. Fitness Punch Cards must be purchased in person before your first class. You may use a Fitness Punch Card or pay the daily drop-in fee (\$20).

- You must register for a Fitness Punch Card and sign a waiver.
- Punch cards expire five months from date of purchase.
- Students who do not own a Fitness Punch Card must pay a drop-in fee and sign a waiver prior to class, each time they attend.
- Fitness Punch Cards are non-refundable and non-transferable.
- A photo will be taken for newcomers.

Fitness punch cards can now be renewed online. Classes are subject to cancellation. Times and instructors are subject to change based on enrollment. Senior is age 65 and older. Students must register in person at the Takiff Center with a valid photo ID. Drop-in fees must be paid prior to attending class.

OPTIONS	R/NR FEE	SENIOR R/NR FEE
10 punch	\$165/180	\$148/163
20 punch	\$276/302	\$250/274
30 punch	\$345/379	\$305/345
6 months	\$660/726	\$592/654

Drop In Fee: \$20/class (Waiver must accompany fee)

FITNESS PUNCH CARDS **MAY NOT** BE USED TO ACCESS GYM EQUIPMENT IN THE FITNESS AREA.

USE OF GLENCOE FITNESS REQUIRES A FITNESS MEMBERSHIP. SEE PAGE 7 FOR DETAILS

## REGISTERED CLASSES

Save money by registering for the full session! You may also use a Fitness Punch Card or pay the daily drop-in fee (\$20) for any registered fitness class.

### BALLET WITH STRENGTH AND STRETCH

In this combined class, we bring together technique, anatomical strengthening/understanding, and release. While using elements of ballet from barre and center, we focus on building one's knowledge of their own bone and muscular structure to develop their authentic power and range. This class also incorporates release techniques to broaden flexibility and encourage both a peaceful physical and mental self. Abs and core work are included.

### BEGINNER SERIES WITH REACH YOGA

The Yoga Beginner Series is geared to those who have never (or barely) tried yoga. For four weeks, you and a group of other new students will learn basic poses and sequences, along with information about the benefits of yoga for you.

### BEGINNER SERIES II WITH REACH YOGA

The Yoga Beginner Series II is geared towards students who have either taken the Beginner Series I or have basic yoga experience. In a small group setting, you will learn variations on basic poses as well as intermediate poses and transitions. The series is a four week format covering a range of poses and areas of the body with plenty of time for questions and individual instruction. Approach your practice with more confidence, grace, strength and balance.

### JAZZ DANCE WITH JULIE KAPLAN

Enjoy great dance combinations in this choreographed class, which includes abs/core work. Recommended for dancers with modern, jazz or ballet jazz experience. No class: November 23.

### MUSICAL THEATRE DANCE

HAMILTON, FOSSE, SINGING IN THE RAIN... dance to your favorite Broadway tunes during our high-energy aerobic class! Learn the choreography to musical numbers with styles ranging from old school jazz to modern contemporary and hip hop! Prior dance experience is recommended; singing is always welcome!

### ROW & GO BOOTCAMP WITH SANDY

Our high-energy circuit training class uses rowing machines and a unique format for a full-body workout. First time rowing? No worries, we will teach you proper form! No class: November 23 & 26.

### ROW & GO INTERVAL TRAINING WITH SANDY

Instructors will combine rowing intervals with dynamic sculpting exercises for the perfect balance of cardio and strength training.

### NEW! ROWGA BOOTCAMP

This unique class starts with intense rowing intervals and ends with relaxing yoga! Short on time? Just come to the first or second half. For those with more time and an adventurous spirit, stay for both sessions. No experience in either discipline necessary.

### PARK FITNESS AT SHELTON PARK

Enjoy the great outdoors as our instructors utilize the park space and fitness equipment to provide circuit training, strength, and cardio exercises.

CLASS	AGE	DAY	DATES	TIME	LOCATION	R/NR FEE	ACTIVITY
BEGINNER YOGA	18+	M	9/11-10/2	6:30-7:45 PM	TAKIFF CENTER	\$56/56	217608-01
BEGINNER YOGA II	18+	M	10/9-10/30	6:30-7:45 PM	TAKIFF CENTER	\$56/56	217608-02
ROWGA	18+	TU	9/5-12/19	9:45-11:15 AM	TAKIFF CENTER	\$512/576	217603-01
BEGINNER YOGA	18+	TU	9/5-9/26	10:30-11:30 AM	TAKIFF CENTER	\$56/56	217608-03
BALLET WITH STRENGTH & STRETCH	18+	W	9/6-12/20	9-10 AM	TAKIFF CENTER	\$240/270	217604-01
MUSICAL THEATRE DANCE	18+	W	9/6-12/20	10:15-11:15 AM	TAKIFF CENTER	\$240/270	217604-02
PARK FITNESS/SHELTON	18+	W	9/6-10/11	6-7 PM	SHELTON PARK	\$98/108	217610-01
ROW & GO BOOTCAMP	15+	TH	9/7-12/21	6:30-7:15 AM	TAKIFF CENTER	\$240/270	217603-02
JAZZ DANCE	18+	TH	9/7-12/21	9:40-11 AM	TAKIFF CENTER	\$240/270	217601-01
PARK FITNESS/SHELTON	18+	SA	9/9-10/14	9-10 AM	SHELTON PARK	\$96/108	217610-04
ROW & GO INTERVAL TRAINING	15+	SU	9/10-12/17	8:15-9 AM	TAKIFF CENTER	\$228/254	217603-03

## plug INTO YOUTH FITNESS

### YOUTH & TEEN ROWING

Put the iPad down and get into a fun and innovative youth rowing class. Whether you see a future on the crew team or you are just looking for a fun and challenging way to stay active, this class is for you. Instructors will focus on individual attention and proper form to ensure safety as well as enjoyment and exercise. No class: November 22.



CLASS	AGE	DAY	DATES	TIME	LOCATION	R/NR FEE	ACTIVITY
YOUTH ROWING	8-12	W	9/6-12/20	4-4:45 PM	TAKIFF CENTER	\$315/345	217609-01
TEEN ROWING	12-17	W	9/6-12/20	5-5:45 PM	TAKIFF CENTER	\$273/299	217609-02