

February 2025 Special Classes & Events

Gurnee

Annual Super Bowl Cycle

Saturday, February 1 | 8:00 a.m.
Cycle Studio | Sam

Join Sam for the 6th Annual Super Bowl Cycle! The class includes a dynamic warm-up, a series of intense cycling drills, sprints, and climbs synced to a specially curated Super Bowl-themed playlist. All members will be entered into a drawing to win a football themed basket of goodies. Wear your favorite team's colors and receive 100 points.

Sunday Morning Cycle

Sunday, February 2 | 9:00 a.m.
Cycle Studio | Lisa J.

Kickstart your Sunday with an energizing cycle class that's sure to set the tone for a fantastic week ahead! Join Lisa J. the first Sunday of every month for an invigorating ride that combines heart-pumping music and a community of passionate cyclists. No registration required.

Seated Sip & Stretch

Monday, February 3 | 11:30 a.m.
Main Studio | Jodi

Most activities that we do in our day-to-day life use some degree of hand-eye coordination such as driving a car or typing on a keyboard. We will stretch our entire body while working on this cognitive skill in this unique class and have fun doing it. No registration required. Complimentary for members.

Heart Strong: Kickboxing & Core

Tuesday, February 4 | 6:05 p.m.
Main Studio | Sue

Celebrate heart health awareness month with this class focusing on building a strong heart and core! This dynamic session combines the powerful strikes and techniques of kickboxing with targeted core exercises to enhance your strength, endurance, and agility. Come join us for a workout that will leave you feeling strong, confident, and ready to take on anything! Members will receive 100 points. No registration required.

Feel Good Flexibility Series

Wednesday, February 5, 12, 19 & 26 | 8:30 a.m.
Mind Body Studio | Jodi

Join us for a 4-week journey to enhance your flexibility and well-being. Each week, we'll explore a different stretching modality with a unique tool, ensuring variety and engagement. This series is designed for all levels, helping you unwind, de-stress, and improve your range of motion. All participants will take home their own stretch strap. Members \$20.00, Non-Members \$70.00. *Note: participants must be able to get up and down from the floor.

Pre-Game Cycle Party

Saturday, February 8 | 8:00 a.m.
Cycle Studio | Lisa J.

Gear up for the big game with our Pre-Game Cycle Party! This class is designed to get your adrenaline pumping and your excitement building as you pedal through an intense, game-day-themed workout. Football fans looking to burn calories and have fun before the kickoff will leave feeling energized, motivated, and ready to cheer on your team! No registration required, but bikes will be on a first-come, first-served basis. Members will receive 100 points.

Roses & Poses: Yoga from the Heart

Saturday, February 8 | 10:00 a.m.
Mind Body Studio | Maricel

After a hectic January, it's time to pause and smell the roses! Join us for this serene one-hour session filled with heart-opening poses and fun vinyasas to pamper both body and mind. No registration required, but space is limited. Members who attend both Valentine's-themed yoga classes will receive 150 points.

Heart Opening Yoga Flow

Monday, February 10 | 5:00 p.m.
Mind Body Studio | Sue

This gentle yet invigorating session focuses on poses and sequences designed to open the chest, stretch the shoulders, and enhance flexibility in the spine while expanding our oxygen supply to the lungs. Through guided breathwork and mindful movements, you'll release tension and invite a sense of peace and connection. No registration required, but space is limited. Members who attend both Valentine's-themed yoga classes will receive 150 points.

Boxing Bootcamp: Valentine's Day Special

Monday, February 10 | 6:00 p.m.
Main Studio | Jenna

This class is designed to pack a punch with dynamic boxing drills mixed with strength conditioning. Whether you're coming solo or with a workout buddy, this session promises a mix of fun, challenge, and fitness. Punch, jab, and hook your way through a workout that's sure to leave you feeling strong, energized, and ready to celebrate love in a powerful way! Wear red and receive 100 points. No registration required.

Tough Love: Valentine's Day HIIT

Tuesday, February 11 | 5:15 p.m.
Main Studio | Sam

Join Sam as she takes you through some "red hot" HIIT training to a special Valentine's Day themed playlist. This high-intensity interval training session is all about pushing your limits and celebrating self-love while getting an incredible workout. Wear red and receive 100 points. No registration required.

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Valentine's Day Ride – All You Need is Love Thursday, February 13 | 5:30 p.m.

Cycle Studio | Lisa J.

This themed ride is designed to pump up your cardio and your spirits with a playlist of the greatest love songs. Whether you're celebrating solo or with a partner, this class is perfect for anyone looking to combine fitness and fun. Wear red and receive 100 points. No registration required, but bikes will be on a first-come, first-served basis.

Cupid's Cardio Crush Friday, February 14 | 6:15 a.m. Main Studio | Kim S.

Ignite your heart with love and sweat this Valentine's Day! This class is designed to boost your heart rate and spread the love. Embrace the spirit of the day with heart-pounding cardio exercises, resistance moves, and high-intensity intervals. Wear red and receive 100 points. No registration required.

Groove Your Heart Out: Zumba Special Friday, February 14 | 9:30 a.m. Main Studio | Jennifer

Join Jennifer for this special class dedicated to all Zumba lovers! Celebrate Heart Health Month by grooving to upbeat music, while improving your cardiovascular health and having a blast. No dance experience needed—just bring your enthusiasm and let's dance our way to a healthier heart together! Wear your favorite shade of red to be entered in a raffle. No registration required.

Simply Fit Special: Valentine's Cupid Shuffle Friday, February 14 | 10:30 a.m. Main Studio | Jennifer

This special version of Simply Fit will get your heart pumping with a cardio mix of dance using just body weight and a small fit ball. Also cupid's arrow will bend us at the barre for balance and core exercises. No registration required.

Heart Opening Yin Yoga with Sound Healing Friday, February 14 | 5:00 p.m. Mind Body Studio Elizabeth Green | Thomas Buske

Join Centre Club Gurnee's Elizabeth Green and Thomas Buske of Anahata Sound Healing for an unforgettable evening as we combine yin yoga with the healing meditation qualities of sound. In yin yoga, we hold our poses for longer, allowing for a greater release of tension in the connective tissue. Throughout our practice, we will dive deep into the heart chakra; embodying compassion, interconnectedness, and of course LOVE. Registration required.

Members \$29.00 | Non-Members \$42.00.

5th Annual Pedal & Pump for Heart Health Awareness

Saturday, February 15 | 8:00 a.m.
Cycle Studio | Sam

Let's pedal to a heart-pumping playlist in this energetic and fun ride! Heart healthy goodies, delicious recipes and heart healthy nutrition information will be on hand. Wear red and receive 100 points. No registration required, but bikes will be on a first-come, first-served basis.

SYNRGY360 Circuit Challenge Thursday, February 20 | 6:00 p.m. Fitness Floor | Aidan

Get ready to take your fitness to the next level with our Synrgy360 Circuit Challenge! This unique class is designed to test your strength, endurance, and agility through a series of dynamic workout stations on the versatile Synrgy360 machine. You'll move through a variety of exercises, targeting every major muscle group, while keeping your heart rate elevated for a powerful, full-body workout. Coach Aidan will guide you through each circuit, providing modifications for all fitness levels, so everyone can join in the fun and challenge themselves. Led by Aidan Gillespie, Certified Personal Trainer. Registration required as space is limited to 8.



National Wear Red Day®

Friday, February 7 – Free Guest Day!

The American Heart Association® has chosen the first Friday in February to help raise awareness that heart disease is the leading cause of death in the U.S. and is largely preventable.

Wear red to the Club today and receive 100 points.