

May 2026 Special Classes & Events

Gurnee

Yin + Yoga Nidra: Shift from Spring to Summer **Saturday, May 2 | 3:00 p.m.**

Mind Body Studio | Elizabeth

Ease into the transition from spring to summer with a deeply restorative practice. This class blends gentle yin yoga poses with a guided Yoga Nidra meditation to help you slow down, reconnect with your body, and cultivate inner awareness. Through intention setting and nature-inspired imagery, we'll invite in the warmth, & spontaneity of the coming season, leaving you feeling grounded & refreshed. Registration kindly requested. Members will receive 150 points.

Still Waters: Meditation & Sound Healing **Saturday, May 2 | 6 p.m. | Therapy Pool**

Immerse yourself in deep relaxation during this unique wellness event, where meditation and sound healing meet the serenity of water. Guests will float on individual rafts in a warm, heated pool while guided through a calming meditation session. As you drift, the soothing sounds of crystal singing bowls, chimes, and gentle ambient tones will wash over you, creating a deeply restorative experience for body and mind. Led by Thomas Buske, Founder of Anahata Sound Healing. **Registration required. Members \$30.00; Non-Members \$42.00. Members receive 200 points.**

National Teacher Appreciation Week is **May 4 – May 8**

Calling all teachers! This week we're celebrating YOU with energetic themed classes, special recognition all week long, bonus points, and chances to win fun prizes. No registration required for classes.

- May 2 – Saved by the Bell Bootcamp
- May 3 – A+ Knockout Kickboxing
- May 4 – Zumba de Mayo Fiesta for Teachers
- May 5 – A Splash of Appreciation AquaFit
- May 7 – Namaste for Teachers Yoga Flow

Aqua Joint-Journey: Arthritis Awareness Month **Special**

Tuesday, May 5, 12, 19, 26 | 10:05 a.m.

Therapy Pool | Sharon G.

Join Sharon during Arthritis Awareness Month for the Joint Journey Aqua series—therapeutic water-based sessions that promote mobility, relaxation, and joint well-being. Throughout the month, we'll gently focus on a new joint group each week, helping you build confidence and ease in every part of your body. Handouts with tips on joint care, warm-water benefits, and at-home mobility will be available to extend your Journey beyond the pool. No registration required.

Elevate Your Summer: Special 4 Week Pilates **Series Workshop**

Thursday, May 7, 14, 21, 28 | 10:45 a.m.

Mind Body Studio | Jennifer

Join our special 4-week Elevate Pilates series designed to help you strengthen, tone, and boost confidence as we head into the sunny season. Besides general core strength exercises, each session will have a focus on key target areas. Not only will you work during class, but each participant will be provided a take home list of key exercises from the week's class to perform at home with your very own resistance band. Registration limited to the first 15 participants. **This workshop is geared toward intermediate to advanced participants.* Register at the Front Desk or call 847.625.4764. **Fee is \$45.00 for entire series.**

May Mash-Up Madness Challenge

Various Times and Instructors

See Separate Flyer for Details

May Mash-Up Madness is here! Try something new, challenge your body in fresh ways, and discover your next favorite class! All month long, our instructors are blending member-favorite formats — bootcamp + pilates, HIIT + cycle, kickbox + yoga, Zumba + strength, and more. Every class is unique, energizing, and perfect for all fitness levels. Mix it up and keep your fitness fresh this spring! Members will receive 50 points for each class taken and be entered into a raffle to win a basket of fitness goodies! No registration required for classes.

Mother's Day RIDE - Pedal Like a Mother

Saturday, May 9 | 8:00 a.m.

Cycle Studio | Lisa J.

Let's celebrate Mother's Day as Lisa inspires us to channel our inner strength, honor the incredible spirit of motherhood, and sweat it out to a playlist full of upbeat tunes by and about women. No registration required. Participants will receive a special Mother's Day treat.

Gen-Zen Yoga

Saturday, May 9 | 11:00 a.m.

Mind Body Studio | Maricel

Gen-Zen Yoga is a gentle, engaging class designed for grandparents and their grandchildren to move, breathe, and relax together. Through age-appropriate yoga poses this class encourages shared enjoyment while supporting strength, flexibility, and body awareness for all ages. Expect a calm, playful atmosphere where kids (ages 6+) can participate confidently alongside their grandparent. No prior yoga experience is needed—just a willingness to move, laugh, and connect. Refreshments served after class. Registration kindly requested.

Aqua on Broadway

Wednesday, May 13 | 9:00 a.m.

Friday, May 15 | 5:00 p.m.

Lap Pool | Tim

Let's move, groove, and dance to Broadway theatre workouts to infuse your fitness routine with the electrifying magic of Broadway. Learn simple-to-follow routines from a variety of different musical shows – Cats, Wicked, Joseph and the Technicolor Dreamcoat, Mary Poppins, Grease, Les Misérables, Hamilton, Hairspray, The Sound of Music, and so many more. With numerous routines in the class, you are guaranteed to work up a sweat as you sparkle! No registration required. All who attend will receive 100 points.

American Red Cross CPR Certification

Wednesday, May 13 | 6:30 p.m. – 9:00 p.m.

Education Room | Tim

See flyer or Front Desk for details. Registration required.

Family Swim: Splash, Learn & Stay Safe

Sunday, May 17 | 12 – 2 p.m.

Join us for a fun and relaxed day in the pool designed to bring families together while building confidence and safety in the water.

During the event, our Aquatics Director, Tim, will be available to:

- Share **important water safety tips** for children and adults
- Observe and **informally assess swim skills** for each family member
- Answer questions and **recommend swim lesson options** based on individual needs and goals

This is a great opportunity for parents to better understand their child's comfort and ability in the water, learn how to keep their family safe around pools and open water, and explore swim lesson pathways—from beginners to stronger stroke development. No registration required.

YogaRoll into Summer

Tuesday, May 19 | 6:05 a.m.

Main Studio | Amy

This class combines mindful yoga flows with targeted myofascial release to help you stretch deeper, recover faster, and move with greater ease. Perfect for all levels, this class supports runners, cyclists, weekend adventurers, and anyone looking to feel loose, limber, and ready for the sunny season ahead. Come unwind, restore, and roll confidently into summer! Members will receive 100 points and a quick breakfast snack. No registration required.

Advocate Condell Blood Drive

Wednesday, May 27

Gym Floor | 8am – 1pm

Donating blood is one of the easiest ways to give back to your community. Register today! See the flyer at the Front Desk or call 1.800.733.2767.