

MAY 2026 SPECIAL EVENTS

SUN	MON	TUE	WED	THU	FRI	SAT
					1 May Mash-Up Madness Challenge See Separate Flyer for Details	2 Karaoke Cycle 9:15-10:15 am Cycle Studio Yin + Yoga Nidra: Shift from Spring to Summer 3:00pm Mind Body Studio Still Waters: Meditation & Sound Healing 6:00 pm Therapy Pool \$
3	4 Teacher Appreciation Week!	5 Cinco de Bootcamp 5:15-6:15 am Main Studio Aqua Joint-Journey 10:05 am Therapy Pool STEP into Spring 10:45-11:45 am Main Studio	6 Foam Rolling Workshop 9:00-9:45 am Mind Body Studio	7 Teacher Appreciation Day! Elevate Your Summer: Special 4-Week Pilates Series Workshop 10:45 am Mind Body Studio \$	8	9 Mother's Day RIDE - Pedal Like a Mother 8:00 am Cycle Studio Gen-Zen Yoga 11:00 am Mind Body Studio
10 	11 Training Wheels: Intro to Cycling 6:30-7:15 am Cycle Studio	12 Aqua Joint-Journey 10:05 am Therapy Pool STEP into Spring 10:45-11:45 am Main Studio	13 Free Guest Day Aqua on Broadway 9:00 am Lap Pool Adult and Pediatric CPR/AED 5:30-8:00 pm Café \$ American Red Cross CPR Certification 6:30-9:00 pm Education Room \$	14 Elevate Your Summer: Special 4-Week Pilates Series Workshop 10:45 am Mind Body Studio \$ Women's Health Panel 6:00-7:30 pm Café	15 Aqua on Broadway 5:00 pm Lap Pool	16
17 Family Swim: Splash, Learn, & Stay Safe 12:00-2:00 pm Lap Pool	18 Evolt Demonstrations 9:00-10:00 am Café	19 YogaRoll into Summer 6:05 am Main Studio Aqua Joint-Journey 10:05 am Therapy Pool STEP into Spring 10:45-11:45 am Main Studio	20	21 Elevate Your Summer: Special 4-Week Pilates Series Workshop 10:45 am Mind Body Studio \$ Feed My Starving Children Volunteer Opportunity! 11:30am - 1:00pm	22	23 Evolt Demonstrations 9:00-10:00 am Café
24	25	26 Aqua Joint-Journey 10:05 am Therapy Pool STEP into Spring 10:45-11:45 am Main Studio	27 Advocate Condell Blood Drive 8:00am - 1:00pm Gym Floor	28 Elevate Your Summer: Special 4-Week Pilates Series Workshop 10:45 am Mind Body Studio \$	29	30
31						

847.990.5750
200 W. Golf Rd.,
Libertyville, IL 60048

847.625.4750
1405 Hunt Club Rd.,
Gurnee, IL 60031

 Libertyville  Gurnee  Both \$ | Fee

 Advocate Condell Medical Center
Centre Club

Karaoke Cycle

Join us for an entertaining cycle experience! This high-energy ride brings the fun of karaoke to the cycle studio as some of our most beloved members take the mic and belt out their favorite sing-along hits. Expect plenty of laughs, big voices, and nonstop motivation as multiple guest performers serenade you while you power through an unforgettable ride.

Members: Free | Non-members: \$15
Register at the front desk or call 847.990.5750.

Cinco de Bootcamp | Maurice

Join us for the ultimate Cinco de Mayo Boot Camp celebration! This high-energy workout brings the party to the gym with a killer full-body strength routine designed to challenge, energize, and leave you feeling strong and accomplished. Expect powerful moves, upbeat vibes, and a sweat-dripping session that'll have you more than ready to earn those post-workout chips and guacamole.

Members: Free | Non-members: \$15
No registration required.

STEP into Spring | Maggie

Spring into movement with STEP into Spring, a high-energy step class to boost cardio, build strength, and lift your mood. Dynamic choreography, interval work, upbeat music, and full-body conditioning make it fun and challenging for all levels.

Members: Free | Non-members: \$15
Register at the front desk or call 847.990.5750.

Foam Rolling Workshop | Trevor

Join our hands-on foam rolling workshop to restore mobility, reduce muscle tension, and enhance recovery. Learn techniques to target tight areas, improve flexibility, and prepare for better workouts. Participants must be able to move from standing to lying down unassisted. This session will help you more and feel better while maximizing your training.

Members: Free | Non-members: \$15
No registration required.

Training Wheels: Intro to Cycling | JT

Join us to learn how to embark on a safe cycling journey! JT will guide you through setting up the bike, reviewing tension guidelines, practicing proper body awareness, and discussing essential safety protocols. Make your first cycling class of the year a fantastic experience!

Members: Free | Non-members: \$15
No registration required.

Adult and Pediatric CPR/AED | Lais

Get CPR certified and be prepared for the moments that matter. The American Red Cross CPR Certification Course satisfies OSHA-mandated job requirements, workplace, or other regulatory requirements. This card is valid for two years.

Members: \$75 | Non-members: \$90
Register at the front desk or call 847.990.5750.

Physician's Panel: Women's Health Panel

Join us during Women's Health Month for an engaging evening with trusted specialists dedicated to caring for women at every stage of life. Hear expert insights on pelvic health, breast cancer prevention, bone and orthopedic health, and heart health—and learn how proactive care can support your long-term wellness. This free physician panel is a great opportunity to meet our providers, ask questions, and take the next step toward better health.

Complimentary for all.
Register at the front desk or call 847.990.5750.

Evolt 3360 Body Scanner Demonstrations | Trevor and Maurice

The Evolt 360 Body Scanner is an easy-to-use, non-invasive device that provides detailed body composition data by taking over 30 emasurements in just 60 seconds.

Members: Free | Non-members: \$15
Register at the front desk or call 847.990.5750.

Feed My Starving Children: Centre Club Volunteer Opportunity

Please join us for a special Centre Club volunteer event supporting Feed My Starving Children, a nonprofit organization dedicated to combating hunger and malnutrition by providing life-saving, nutritious meals to children in need around the world. **To register contact Trevor Weidner at trevor.weidner@hfit.com or 847.990.5740.**

Yin + Yoga Nidra: Shift from Spring to Summer | 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.

Register at the front desk or call 847.625.4764.
All members who attend will receive 150 points.

Still Waters: Meditation & Sound Healing | Thomas Buske

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 heated pool while guided through a calming meditation session. Led by Thomas Buske, founder of Anahata Sound Healing.

Members: \$30 | Non-members: \$42
Register at the front desk or call 847.625.4764.
All members who attend will 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.

- 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

No registration required for classes.

Aqua Joint-Journey: Arthritis Awareness Month Special | 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.

No registration required.

Elevate Your Summer: Special 4-Week Pilates Series Workshop | 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.

Fee: \$45 for entire series.
Register at the front desk or call 847.625.4764.

May Mash-Up Madness Challenge

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!

No registration required.
All members who attend will receive 50 points per class taken and be entered into a raffle to win a basket of fitness goodies!

Mother's Day RIDE - Pedal like a Mother | 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 | 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.

Register at the front desk or call 847.625.4764.

Aqua on Broadway | 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.

No registration required.
All members who attend will receive 100 points.

American Red Cross CPR Certification | Tim

See flyer or front desk for details.

Members: \$75 | Non-members: \$90
Register at the front desk or call 847.625.4764.

Family Swim: Splash, LEarn, & Stay Safe

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 iinto Summer | Amy

This class combines mindful yoga flows with targeted myofascial release to help you stretch deeper, recover faster, and move with greater ease.

No registration required.
All members who attend will receive 100 points and a quick breakfast snack.

Advocate Condell Blood Drive

Donating blood is one of the easiest ways to give back to your community. Register today!

See flyer at front desk or call 1.800.733.2767.