

FEBRUARY 2025 SPECIAL EVENTS

SUN	MON	TUE	WED	THU	FRI	SAT
						1 Group Exercise Heart Challenge Begins Annual Super Bowl Cycle 8:00 am Cycle Studio
2 Sunday Morning Cycle 9:00 am Cycle Studio	3 Seated Sip & Stretch 11:30 am Main Studio	4 Foam Roller Pilates 6:00 - 7:00 pm Mind Body Studio Heart Strong: Kickboxing & Core 6:05 pm Main Studio	5 Feel Good Flexibility Series 8:30 am Mind Body Studio \$	6 Zero Wheel Circuit 5:00 - 5:30 pm TRX Fitness Floor \$	7 National Wear Red Day Free Guest Day	8 Pre-Game Cycle Party 8:00 am Cycle Studio Roses & Poses: Yoga from the Heart 10:00 am Mind Body Studio
9	10 Heart Opening Yoga Flow 5:00 pm Mind Body Studio Boxing Bootcamp: Valentine's Day Special 6:00 pm Main Studio	11 Tough Love: Valentine's Day HIIT 5:15 pm Main Studio Physician's Lecture Balance: Am I at Risk of Falling? 6:00 pm Café	12 Feel Good Flexibility Series 8:30 am Mind Body Studio \$ Golf Ready 6:00 - 6:30 pm TRX Fitness Floor	13 Valentine's Day Ride – All You Need is Love 5:30 pm Cycle Studio	14 Cupid's Cardio Crush 6:15 am Main Studio Groove Your Heart Out: Zumba Special 9:30 am Main Studio Simply Fit Special: Valentine's Cupid Shuffle 10:30 am Main Studio Heart Opening Yin Yoga with Sound Healing 5:00 pm Mind Body Studio Valentine's Dance Party! Love is in the Air 5:15 - 6:15 pm Main Studio \$	15 Safe Sitter 9:00 am - 2:30 pm Café \$ Zero Wheel Circuit 11:00 - 11:30 am TRX Fitness Floor \$
16	17	18 Recovery Rx: Assisted Stretching with Yoga Straps 6:00 - 6:30 pm Mind Body Studio	19 Feel Good Flexibility Series 8:30 am Mind Body Studio \$ Seated Strength: Stability, Mobility, and Posture 11:00 - 11:30 am Mind Body Studio \$	20 Healthy Lifestyle Coaching 12:00 - 12:30 pm Fitness Desk Rhythmand Blues RIDE 5:00 - 6:00 pm Cycle Studio	21 Core and Back Strengthening 10:45 - 11:15 am Mind Body Studio	22 LaBlast Certification 10:00 am - 6:00 pm Main Studio \$ LaBlast Open Class 11:20 am - 12:15 pm Main Studio Centre Club Pickleball Tournament 1:00 pm Gym \$
23	24	25	26 Feel Good Flexibility Series 8:30 am Mind Body Studio \$ Kickstart Your Heart! 6:45 - 7:20 pm Main Studio	27 National Chili Throwdown 5:30 pm Café	28	

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847.625.4750
1405 Hunt Club Rd.,
Gurnee, IL 60031



Libertyville



Gurnee



Both

\$ | Fee



Advocate Condell Medical Center
Centre Club

Group Exercise Heart Challenge

Let's get that blood pumping! Join our month-long challenge to strengthen your heart by participating in group exercise classes. Complete at least 150 minutes per week to earn 200 points and be entered into a prize raffle. The participant with the most classes attended will also be eligible for an additional prize!
Register at the fitness desk or call 847.990.5750.

Foam Roller Pilates fir Recovery | Milana

Foam Roller Pilates for Recovery is an excellent way to challenge your balance and improve alignment. This class combines the benefits of foam rolling with the principles of Pilates to create a unique and effective workout that enhances recovery and overall wellness.
Members: Free | Non-members: \$15
Register at the front desk or call 847.990.5750.

Zero Wheel Circuit | Lais

Experience the benefits of metabolic training with Zero Wheel Circuit, led by Centre Club's personal trainer Lais. This strength-based program is tailored to your intensity level, designed to boost your metabolism and sustain calorie burn for hours after your workout.
Members: \$10 | Non-members: \$15
Register at the front desk or call 847.990.5750.

National Wear Red Day

Join us in supporting the American Heart Association on National Wear Red Day! Help raise awareness about heart disease—the leading cause of death in the U.S. and a largely preventable condition. Wear red to the Club today and bring a guest for FREE!

Balance: Am I at Risk of Falling? | Nikki Kline

Join Nikki, a skilled physical therapist at the Libertyville Centre Club, for a presentation on balance and fall prevention. Learn how aging impacts balance, discover practical strategies to reduce fall risks, and explore when to seek professional treatment. Take a step toward improved confidence and mobility!
Complimentary for all.
Register at the front desk or call 847.990.5750.

Golf Ready | Justin & Milana

Join Justin and Milana to discover ways to enhance mobility, agility, and flexibility, helping you get the most out of your golf swing!
Members: Free | Non-members: \$15
Register at the front desk or call 847.990.5750.

Valentine's Dance Party! Love is in the Air | Lisa

Feel the love at our Valentine's Dance Party! Get your heart pumping with a fun Rumba session, where romance and cardio come together for an exciting workout. Let's dance the night away! Enjoy chocolate covered strawberries after class.
Members: Free | Non-members: \$15
Register at the front desk or call 847.990.5750.
All members who attend will receive 150 points.

Safe Sitter | Sharyl Gonzalez

Safe Sitter is for young teens in grades 6-8 who are ready to learn the skills they need to care for themselves and younger children. The Safe Sitter is a Course that will include safety skills, child care skills, first aid & rescue skills, and life and business skills.
Fee: \$85 per participant.
Register at the front desk or call 847.990.5750.

Centre Club Pickleball Tournament

The Centre Club Pickleball Tournament requires no partner, so come ready to play and enjoy the competition!
3.0 - 3.5 Skill Level
Fee: \$35 per person
Register at the front desk or call 847.990.5750.

Recovery Rx: Assisted Stretching with Yoga Straps | Milana

Join Fitness Director Milana as she guides you through stretches using yoga straps. This session will cover the major muscles in the body.
Members: Free | Non-members: \$15
Register at the front desk or call 847.990.5750

Seated Strength: Stability, Mobility, and Posture | Liz

Join Personal Trainer Liz as she goes over stretches and exercises that will help your posture and upper body strength.
Members: \$10 | Non-members: \$15
Register at the front desk or call 847.990.5750.

Rhythm and Blues RIDE | Tina

Enjoy the unique experience of cycling to blues music in this color zone ride.
Members: Free | Non-members: \$15
Register at the front desk or call 847.990.5750.

Core and Back Strengthening | Milana

Core and Back Strengthening is designed to tone and strengthen your core muscles using the Zero Wheel. Exercises will target the abdominals, obliques, and lower back for a balanced, effective workout.
Members: Free | Non-members: \$15
Register at the front desk or call 847.990.5750.

LaBlast Open Class | Apy and Milana

Join the LaBlast Open Class for a fun blend of ballroom dance and fitness—no partner needed! Inspired by dances from Dancing with the Stars, this class promotes physical, emotional, and mental health through light weight training and music from all artists, genres, and eras.
Complimentary for all.
All members who attend receive 150 points.

LaBlast Certification | Apy and Milana

Get LaBlast certified and teach the perfect blend of ballroom dance and fitness—no partner needed. As a certified instructor, you'll attract a broader audience, increase earning potential, and boost your credibility in a community that values professional expertise.
\$199 Early Bird | \$249 Within 2 Weeks
Register on;ing (see flyer at front desk)

Kickstart Your Heart! | Rhoni

This class is a fun, high-energy class that combines cardio drumming, low-impact moves, and core combos. Get ready to sweat, smile, and get stronger, all set to high-energy rock love songs that will keep you moving!
Members: Free | Non-members: \$15
All members who attend will receive 150 points.
Register at the front desk or call 847.990.5750.

National Chili Throwdown

Bring in a pot of your favorite chili recipe and compete or come and try samples of some darn good chili on this National Chili Day. The winner of the contest will receive a FREE month of dues!
Register at the front desk or call 847.990.5750.

Annual Super Bowl Cycle | Sam

Join Sam for the 6th Annual Super Bowl Cycle! Enjoy intense cycling drills, sprints, and climbs set to a Super Bowl-themed playlist. Wear your favorite team's colors to be entered to win a football themed basket of goodies!
All members who attend will receive 100 points.
Register at the front desk or call 847.625.4750.

Sunday Morning Cycle | Lisa J.

Kickstart your Sunday with an energizing cycle class! Join Lisa J. on the first Sunday of every month for an invigorating ride featuring heart-pumping music and a welcoming community.
No registration required.

Seated Sip & Stretch | Jodi

Enjoy a full-body stretch while improving hand-eye coordination—a skill essential for everyday activities like driving or typing. This unique class combines movement and mindfulness for a fun, engaging experience!
No registration required.

Heart Strong: Kickboxing & Core | Sue

Celebrate Heart Health Month with a dynamic class combining kickboxing and core exercises to build strength, endurance, and agility!
No registration required.
All members who attend will receive 100 points.

Feel Good Flexibility Series | Jodi

Join us for a 4-week journey to enhance flexibility and well-being. Each week, explore a different stretching modality with a unique tool to help you unwind, de-stress, and improve range of motion. All participants will take home their own stretch strap.
Members: \$20 | Non-members: \$70
Register at the front desk or call 847.625.4750.
Participants must be able to get up and down from the floor.

Pre-Game Cycle Party | Lisa J.

Gear up for the big game with our Pre-Game Cycle Party! Enjoy an intense, game day-themed workout that will leave you energized, motivated, and ready to cheer on your team!
No registration required, but bikes are first-come, first-served.

Roses & Poses: Yoga from the Heart | 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 mine.
No registration required, but space is limited.

Heart Opening Yoga Flow | Sue

This gentle yet invigorating session focuses on poses and sequences to open the chest, stretch the shoulders, and enhance spine flexibility while increasing lung capacity. Through breath work and mindful movements, you'll release tension and invite peace and connection.
No registration required, but space is limited.
Wear red and receive 100 points.

Boxing Bootcamp: Valentine's Day Special | Jenna

This class packs a punch with dynamic boxing drills and strength conditioning. Whether solo or with a buddy, enjoy a fun, challenging workout that leaves you feeling strong, energized, and ready to celebrate love!
No registration required.
Wear red and receive 100 points.

Tough Love: Valentines' Day HIIT | Sam

Join Sam in a "red hot" HIIT training set 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.
No registration required.
Wear red and receive 100 points.

Valentine's Day Ride – All You Need if Love | 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.
No registration required but bikes are first-come, first-serve.
Wear red and receive 100 points.

Cupid's Cardio Crush | Kim S.

Ignite your heart with love and sweat this Valentine's Day! Boost your heart rate with cardio exercises, resistance moves, and high-intensity intervals in this heart-pounding class.
No registration required.
Wear red and receive 100 points.

Groove Your Heart Out: Zumba Special | Jennifer

Ignite your heart with love and sweat this Valentine's Day! Boost your heart rate with cardio exercises, resistance moves, and high-intensity intervals in this heart-pounding class.
No registration required.
Wear red and be entered into a raffle.

Simply Fit Special: Valentine's Cupid Shuffle | 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 | Thomas Buske

Join Centre Club Burnee'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 with the healing meditation qualities of sound. In yin yoga, we hold out poses for longer, allowing for a greater release of tension in the connective tissue. Throughout our practice, we will dice deep into the heart chakra; embodying compassion, interconnectedness, and of course LOVE.
Members: \$29 | Non-members: \$42
Register at the front desk or call 847.625.4750.

5th Annual Pedal & Pump for Heart Health Awareness | 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.
No registration required but bikes are first-come, first-serve.
Wear red and receive 100 points.

