NOVEMBER 2026 SPECIAL EVENTS

SUN	MON	TUE	WED	THU	FRI	SAT
1. **Planksgiving Challenge Begins**	2.	3.	4. **Free Guest Day** **Training Wheels – Intro to Cycling** 8:45-9:30am Cycle Studio **Pose to De-Stress** 9:30am Main Studio	5. **Mah Jongg Mania** 12:00-2:00pm Café | $ **Soul Stretch: Stress Less Edition** 9:30am Mind Body Studio	6. **Walk & Weights** 9:00-9:45am Walking Track **Zumba + Lift** 9:30am Main Studio **Deep Exhale** 5:30pm Mind Body Studio	7. **Stress Less, Flow More** 10:00am Mind Body Studio **Pickleball Workshop** Beginner: 1:00-3:00pm Intermediate: 3:00-5:00pm Gym Court | $
8.	9. **Grateful Heart Flow** 9:00am Mind Body Studio **Diabetes & Exercise Interactive Seminar** 11:30am Main Studio	10.	11. **Barbell Heavy** 8:30am Main Studio **Foam Rolling Workshop** 9:00-9:45am Mind Body Studio **Adult & Pediatric CPR/AED** 5:30-8:00pm Café | $	12. **Mah Jongg Mania** 12:00-2:00pm Café | $ **Prevent Diabetes Before it Starts** 5:30pm Café	13. **Walk & Weights** 9:00-9:45am Walking Track **Give Thanks Cardio Dance Special** 10:30am Main Studio	14. **American Red Cross CPR Certification** 9:00am – 12:00pm Education Room | $ **Learn to Salsa** 11:05am – 12:00pm Main Studio
15. **Making Waves Together** 3:00-4:00pm Lap Pool	16. **Barbell Heavy** 9:30am Main Studio **Powered by Gratitude RIDE** 5:00pm Cycle Studio	17.	18. **Advocate Condell Blood Drive** Gym Floor **American Red Cross CPR Certification** 6:30-9:00pm Education Room | $	19. **Mah Jongg Mania** 12:00-2:00pm Café | $	20. **Walk & Weights** 9:00-9:45am Walking Track **Salsa Dance Party** 5:30pm Main Studio	21. **Winter Yin and Yoga Nidra** 3:00pm Mind Body Studio
22. **Core & More: Totally '80s** 10:00am Main Studio	23.	24.	25.	26. **Gobble 'Til You Wobble** 6:00-7:00am Main Studio 	27. **Walk & Weights** 9:00-9:45am Walking Track	28.
29.	30. **Post-Thanksgiving Burn – Cardio Yoga** 9:00am Mind Body Studio					

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

Planksgiving Challenge
Think you can hold the line until Turkey Day? Complete any variation of a plank for 30 seconds or longer every day through Thanksgiving and track your progress along the way.
No registration required.
Pick up your tracking sheet at the front desk.

Training Wheels — Intro to Cycling | John Taylor
An introductory class to cycling where you can get acquainted with ICG bikes, instructors, and class offerings.
Member: $0 | Non-member: $15
Register at the front desk or call 847.990.5750.

Mah Jongg Mania | Chris B.
Join us for a fun and engaging four-week beginner course where you'll learn the fundamentals of this popular variant of the Chinese game Mah Jongg.
Member: $35 | Non-member: $50
Register at the front desk or call 847.990.5750.

Walk & Weights | John Taylor
Walk and Weights is a low-impact fitness class that combines walking on the track with simple, beginner-friendly strength training exercises. Designed for seniors, individuals recovering from injury or surgery, and anyone looking to ease into exercise, this class provides a safe and supportive way to improve overall fitness. **Member: $35 | Non-member: $50**
Register at the front desk or call 847.990.5750.

Pickleball Workshop: Beginner and Intermediate | Michelle
Join Michelle Smith for an engaging and skill focused pickleball instructional workshop designed to help players build confidence, improve technique, and elevate their game in a supportive learning environment.
Member: $50 | Non-member: $65
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.
Member: Free | Non-member: $15
No registration required.

Adult and Pediatric CPR/AED | Lais
The American Red Cross Adult and Pediatric CPR/AED program provides the knowledge and skills necessary for those who need a course completion card in CPR and AED use to meet job, regulatory, or other requirements. This card is valid for two years.
Member: $75 | Non-member: $90
Register at the front desk or call 847.990.5750.

Physician's Lecture: Prevent Diabetes Before it Starts
Join us to learn practical strategies that can help prevent or delay the onset of Type 2 Diabetes.
Complimentary for all.
Register at the front desk or call 847.990.5750.

Making Waves Together | Elaine
Enjoy partner-based water exercises, energizing cardio, playful challenges, and teamwork activities that will have you splashing, smiling, and supporting one another every step of the way. No synchronized swimming skills required, just bring your sense of fun and be ready to make waves!
Member: Free | Non-member: $15
Register at the front desk or call 847.990.5750.

Gobble 'Til You Wobble Bootcamp | Terrence
Before the turkey hits the table, join Terrence for a high-energy workout designed to leave you feeling strong, accomplished, and ready for all your holiday favorites. This full-body bootcamp combines strength, cardio, and functional training in a fun, motivating format that will challenge every fitness level.
Member: $0 | Non-member: $15
Register at the front desk or call 847.990.5750.

Pose to De-Stress | Jennifer
Join Jennifer for this blend of Pilates and yoga poses to promote relaxation during National Stress Awareness Week. We will promote flexibility to our limbs, as well as calmness to our minds reducing stress from head to toe. Plus, attendees will be entered into a raffle for a complimentary 30-minute
massage!
No registration required.

Soul Stretch: Stress Less Edition | Jodi
In honor of National Stress Awareness Week, take time to slow down and let go. Through deep stretching, gentle movement, and guided relaxation, this Soul Stretch class is designed to release tightness, calm the mind, and support overall well-being. Plus, attendees will be entered into a raffle for a complimentary 30-minute massage!
No registration required.

Zumba + Lift | Jenifer
This workout fuses the high-energy fun of Zumba® with the muscle-sculpting power of strength training. Help burn fat, build strength, & boost endurance with intervals of dancing and weightlifting moves.
No registration required.

Deep Exhale: Yin & Breathwork for Stress Relief | Larissa
Slow down, release tension, and cultivate calm through long- held yin postures and guided breathwork during National Stress Awareness Week. Appropriate for all levels. Plus, attendees will be entered into a raffle for a complimentary 30-minute massage!
No registration required.

Stress Less, Flow More: Vinyasa I | Sharon
Release stress and reconnect with your breath through a gentle, mindful Vinyasa practice designed to promote relaxation, balance, and overall well-being. Plus, attendees will be entered into a raffle for a complimentary 30-minute massage!
No registration required.

Grateful Heart Flow | Rianna
Move, breathe, and connect in this dynamic yoga practice focused on heart-opening poses and cultivating gratitude. Flow through energizing sequences that encourage strength, flexibility, and appreciation for all that supports your well-being, both on and off the mat.
No registration required.

Diabetes & Exercise Interactive Seminar | Mark
Exercise is a crucial component of diabetes management, but also poses unique challenges. Join Mark Henrichs, Gurnee Centre Club General Manager and Diabetes Education Specialist to learn the best time to exercise, the best footwear to choose, the potential impact of medications on blood sugar and more. Mark is a Certified Athletic Trainer, National Academy of Sports Medicine Corrective Exercise Specialist and Performance Enhancement Specialist.
Member: Free | Non-member: $15
Register at the front desk or call 847.990.4764.

Barbell Heavy
urn up your strength program with a tempo-based heavy hitter! This class combines traditional lifting techniques with heavier weights in a simple super-set format all powered by iconic music making traditional weightlifting not only functional but fun.
No registration required.

Give Thanks Cardio Dance Special | Jennifer
Dance your way towards Thanksgiving with this Simply Fit dance fitness hour. Expect a full serving of easy dance moves to get your heart full with an assortment of simple line dances for dessert. During each of our National Gratitude Month classes, one participant will be selected to receive a bag filled with gratitude-inspired goodies, including a journal, self-care treats, and other surprises.
No registration required.

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No registration required.

American Red Cross CPR Certification | Tim
The American Red Cross Adult and Pediatric First Aid/CPR/AED course teaches lifesaving techniques for both adults and children.
Member: $75 | Non-member: $90
Register at the front desk or call 847.990.4764.

Learn to Salsa | Jennifer
Learn and practice the basic steps of salsa dance. No partner or experience necessary. We will break down the footwork of foundational steps, review rhythm patterns and explore musical timing. Wear comfortable dance or fitness footwear and clothing.
Member: Free | Non-member: $15
Register at the front desk or call 847.990.4764.

Powered by Gratitude RIDE | Kris
Celebrate Gratitude Month with this rhythm-based ride featuring inspiring music and positive reflections to cultivate thankfulness.
No registration required.

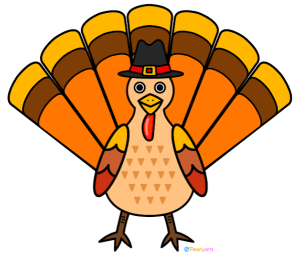
Advocate Condell Blood Drive
Donating blood is one of the easiest ways to give back to your community. Register today!
See the flyer at the front desk or call 1.800.733.2767.

Salsa Dance Party | Jennifer
Learn and jam to the various salsa styles, plus a few dances to get you moving as a group with your classmates (no partners required). Salsa is a brilliant, hot and spicy dance that will inspire Latin rhythms in everyone – join the fun!
Member: Free | Non-member: $15
Register at the front desk or call 847.990.4764.

Winter Yin and Yoga Nidra | Elizabeth
A deeply restorative practice centered around slowing down as we move into the winter season.
No registration required.
All members who attend will receive 150 points.

Core & More: Totally '80s | Natalie
Travel back to the 80s with this high-energy Core & More class! Enjoy classic hits while improving core strength, balance, and overall fitness.
No registration required.
All members who attend will receive 100 points.

Post-Thanksgiving Burn – Cardio Yoga | Rianna
Join Rianna after the Thanksgiving holiday for this upbeat, fast-paced practice with plenty of movement, followed by a well-deserved stretch and savasana. Enjoy a complimentary bottle of water and electrolyte drink stick to support recovery and hydration following your workout.
No registration required.



Reviewed 10/21/2026