FEBRUARY 2026 SPECIAL EVENTS

SUN	MON	TUE	WED	THU	FRI	SAT
1 **10k a Day Step Challenge Begins**	2 **Training Wheels – Intro to Cycling** 6:30 - 7:15 pm Cycle Studio	3	4	5 **Intro to Aqua** 9:30 - 10:15 am Lap Pool **Open Heart Yoga** 7:00 - 8:00 pm Mind Body Studio	6 **National Wear Red Day** **Free Guest Day** **Yogalatters: Flow, Stretch, & Sip** 5:00 pm Mind Body Studio	7 **Community CPR Certification** 9:00. am - 12:00 pm Education Room | $
8	9 **Barbell Heavy** 9:30 am Main Studio	10 **BOSU Pilates Sculpt** 4:30 pm Main Studio	11	12 **Love Your Core Pilates** 4:30 pm Mind Body Studio	13	14 **Free Guest Day** **Love at First Sweat** 8:00 am Gym Floor **Sweetheart Cycle** 8:00 am Cycle Studio **Roses & Poses** 10:00 am Mind Body Studio **Better Together** 11:15 am Mind Body Studio
15	16	17 **Candlelit Yoga** 6:00 - 7:00 pm Mind Body Studio **Fat Tuesday - Party RIDE** 9:30 - 10:30 am Cycle Studio	18	19 **Pelvic Health Matters** 6:00 - 7:00 pm Café	20 **Balace, Barre, & Bubbly** 10:30 am Main Studio **Candlelight and Cupcakes Couples' Yoga** 6:00 pm Mind Body Studio	21
22 **Training Wheels – Intro to Cycling** 7:15 - 8:00 am Cycle Studio	23	24	25	26 **Heart Strong LIIT** 6:15 pm Main Studio	27 **Tread & Shred: Love Your Heart** 5:15 pm Fitness Floor	28 **Safe Sitter** 9:00 am - 2:30 pm Café | $
						

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

Healthy Heart Month–10K Steps a Day Challenge
Step into Heart Health this February! Join our 10K a Day Step Challenge and commit to walking 10,000 steps each day to boost your cardiovascular health, energy, and overall well-being. Track your progress, stay motivated, and celebrate your success with our supportive community. Every step counts toward a healthier heart–are you ready to take the challenge?
Pick up your tracker at the front desk.

Training Wheels – Intro to Cycling | JT
An introductory class to the cycling program at the Centre Club. Please join us for a time to get antiquated with our ICG Spin Bikes, instructors, and class offerings. If you are new to cycling and want to learn more now is your chance to learn everything you need to jump into cycle classes in 2026 and beyond!
Members: Free | Non-members: $15
Register at the front desk or call 847.990.5750.

Intro to Aqua | Suzie G.
Curious about aqua fitness? Join us for an Intro to Aqua class and discover the benefits of water-based workouts! This session will guide you through the basics–how classes work, what to expect, and tips for getting the most out of your time in the pool. Perfect for beginners or anyone looking to try something new in a fun, low-impact environment!
Members: $Free | Non-members: $15
Register at the front desk or call 847.990.5750.

Open Heart Yoga | Cassie
In celebration of heart awareness month, join us for this heart-centered yoga experience. We will learn about self-love – why practice , the research behind it and how to put it into place in your daily life. We will have some heart opener poses to work on stuck/stale energy in the heart region. There will also be a flow portion that may even get your heart pumping before we settle into some restorative stretches and meditation You won't want to miss. All levels are welcome; space is limited.
Members: Free | Non-members: $15
Register at the front desk or call 847.990.5750.

Candlelit Yoga | Danene Shannon
Join us for a serene candle-lit yoga experience designed to help you unwind and reconnect. Surrounded by the soft glow of flickering candles, this calming practice blends gentle movement with mindful breathing to release tension and restore balance. Perfect for all levels, this class offers a peaceful escape from the day and invites you to find stillness, warmth, and inner harmony.
Members: Free | Non-members: $15
Register at the front desk or call 847.990.5750.

Fat Tuesday - Party RIDE | JT
Let the good times roll this Fat Tuesday! Join us for a high-energy Spin Party Ride filled with festive music, vibrant vibes, and a Mardi Gras-inspired celebration on the bike. Get ready to sweat, smile, and celebrate with a ride that feels like a party–because fitness should be fun! Costumes and beads encouraged!
Members: Free | Non-members: $15
Register at the front desk or call 847.990.5750.

Pelvic Health Matters | Maureen Gies Strasser, PT, DPT, OCS
Join us for an educational talk led by a women's health pelvic health physical therapist to learn about how the pelvic floor supports bowel, bladder and sexual health through pregnancy and postpartum recovery. We will break down how your pelvic floor muscles work, common changes you may experience and practical exercises that support, healing, confidence and function. This talk is designed to empower you with knowledge and tools you can use right away for lifelong pelvic health.
Complimentary for all.
Register at the front desk or call 847.990.5750.

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 course covers essential safety and childcare skills, along with first aid, rescue techniques and valuable life and business skills.
Fee: $85 per participant
Register at the front desk or call 847.990.5750.

National Wear Red 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.

Yogalattes: Flow, Stretch, & Sip | Jennifer
Join us for a unique fusion of yoga and Pilates designed to strengthen your core, improve flexibility, and calm your mind. After class, treat yourself to a refreshing cold latte–because wellness should feel good inside and out! Perfect for those who love mindful movement and a little indulgence. Registration kindly requested.
Register at the front desk or call 847.625.4750.

Community CPR Certification | Tim
The American Red Cross Adult and Pediatric First Aid/CPR/AED course teaches lifesaving techniques for both adults and children.
Members: 75 | Non-members: $90
Register at the front desk or call 847.625.4750.

Barbell Heavy | Jennifer
Turn 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 weight lifting not only functional but fun. Members receive 100 points.
No registration required.

BOSU Pilates Sculpt | Sue
Perfect for those looking to elevate their Pilates practice with an extra boost of strength and coordination, this class blends traditional principles of Pilates with the added challenge of the BOSU ball to improve balance and stability while toning the entire body!
No registration required, but BOSU trainers will be on a first-come, first-served basis.
Members who attend both Pilates Sculpt classes this week will receive 150 points.

Love Your Core Pilates | Lisa J.
Show your core some love this Valentine's Day! This special Pilates class focuses on strengthening and toning your abdominal muscles while improving posture and flexibility. Expect a heart-themed playlist, mindful movement, and a fun, supportive atmosphere that leaves you feeling strong and centered.
No registration required.
Members who attend both Pilates Sculpt classes this week will receive 150 points.

Love at First Sweat Bootcamp | Angela
Fall head over heels for fitness this Valentine's Day! This high-intensity bootcamp combines strength, cardio, and core exercises for a full-body workout that will get your heart pumping. Expect a motivating atmosphere, a love-themed playlist, and plenty of sweat to show your body some love. Members receive 100 points.
No registration required.

Sweatheart Cycle | Lisa J.
Pedal your heart out this Valentine's Day! Join us for a high-energy cycling class set to a love-inspired playlist that will keep you motivated and smiling. Whether you come solo or bring a partner, this ride is all about celebrating strength, endurance, and a little extra love for your heart health.
No registration required, but participants must obtain a ticket from the Front Desk to enter class.

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 mind.
Members will receive a special Valentine's treat.
No registration required, but space is limited.

Better Together: Partner Stretch | Jodi
Stretch your heart out this Valentine's season with this fun, interactive class designed for pairs–friends, couples, or workout buddies–to improve flexibility, release tension, and share a mindful moment together. Strengthen your body and your bond, because everything feels better together!
No registration required, but space will be limited.
All partners will receive a special Valentine's Day treat.
***Please note the majority of this class will be floor-based.**

Balance, Barre, & Bubbly | Jennifer
Join Jennifer for a fun and festive barre workout followed by a toast with sparkling cider! This class blends strength, balance, and flexibility exercises inspired by ballet, all set to upbeat music. After the workout, celebrate your hard work with a refreshing bubbly sip and great company. Perfect for all fitness levels–come for the burn, stay for the sparkle!
No registration required.

Candlelight and Cupcake Couples' Yoga | Elizabeth
Join Elizabeth for a romantic and relaxing evening of yoga designed for couples. Surrounded by the warm glow of candlelight, you'll flow through gentle partner poses that foster connection, trust, and harmony. After class, indulge in delicious cupcakes as a sweet treat to celebrate your time together. Perfect for all levels–just bring your partner and enjoy an unforgettable experience of movement, mindfulness, and love. All members will receive 150 points.
Register at the front desk or call 847.625.4750.

Heart Strong LIIT | Natalie
Celebrate heart health this February with a fun, low-impact, interval training workout designed to boost cardiovascular endurance without stressing your joints. This class combines short bursts of energizing, joint-friendly exercises with active recovery periods to keep your heart rate up and your body moving safely. Perfect for all fitness levels, Heart Strong LIIT will leave you feeling stronger, more energized, and ready to show your heart some love! Members will receive 100 points
No registration required.

TTread & Shred: Love Your Heart | Sam
Celebrate Heart Health Awareness Month by giving your cardiovascular system the love it deserves! This high-energy class combines treadmill intervals to boost heart strength and endurance with full-body strength training to support overall fitness. Every step and every rep is designed to help you build a stronger heart, improve circulation, and feel empowered. Led by Coach Sam. Members receive 100 points.
Register at the front desk or call 847.625.4750.
Space is limited to 7 participants.

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