Minimally Invasive Spine Surgery

Spine surgery used to be scary. The risks were relatively high, the recovery was long, and the chance of getting better was not all that high. Fortunately, over time, the technical interventions have changed the situation considerably. We can now treat lumbar stenosis, disc herniations, and even spinal tumors with a minimally invasive approach through an incision less than an inch long. Patients usually go home the same day, eliminating the need for an inpatient hospital stay, and many are able to drive the next day and even return to work within a few days to a week. The success rates are much higher now, over 90%, and the complication rates are quite small at less than 1%.

The vast majority of patients with back pain, leg pain, numbness, and/or weakness due to stenosis or disc herniations can be treated effectively with conservative measures including anti-inflammatories and physical therapy. If these do not work, injections are considered next and then surgery is reserved for cases that do not improve. If surgery is required, more often than not, traditional laminectomies or lumbar fusions are no longer needed, and the patients can be treated with minimally invasive procedures ensuring the fastest recovery and return to full activities.

If you are interested in learning more about the various causes of back pain and treatment options, please join Dr. Citow for a lecture on Monday, March 20, 7 pm at Centre Club Libertyville. The lecture is free to members and guest fees apply. Call our Front Desk at 847.990.5750 or register in person. Space is limited.

Dr. Citow
Chief of Neurosurgery
Condell Medical Center
Board certified neurosurgeon

Prevent and Reverse Low Back Pain Workshop – Libertyville
Thursday, March 23, 7 – 8 pm, Club Room
Learn easy and effective techniques to prevent or reverse low back pain. Release held tension with small, targeted movements that connect your muscles with your brain. Discover ways to sit, stand, and bend forward without pain. A variety of movements will decompress your spine and release tightness around your hips. Whether your pain is recent or chronic, you can take steps to jump back into your life! Instructed by Allison Wilmes, Professional Yoga Therapist and Movement Educator. No fee for Centre Club members, $15/non-member. For ages 13 and up. Register at Front Desk.
Please welcome Sean Meyer our new Regional General Manager of the Advocate Condell Centre Clubs in Gurnee and Libertyville! Sean is replacing Brad Houx who has been promoted to General Manager of Athletics at Midtown Chicago. Congratulations Brad on your move, we will miss you!

Sean’s role will be to oversee both Centre Clubs and will be based out of our Gurnee club. Sean shares, “My favorite thing is to be out and around the club, talking with members and improving our facilities and programs.”

Sean brings to the Centre Clubs a wide variety of experiences in the club industry in service, leadership, programming and operations. Sean comes to us directly from David Barton Gym in Chicago as General Manager. Prior to his General Manager role at the David Barton Gym, Sean was with Fitness Formula Clubs in Chicago from 2005 – 2012. Sean has a Bachelor of Science degree from The Ohio State University and currently lives with his wife and four children in Chicago. Please welcome Sean and stop in to see him the next time you’re in and look for him in and around the Club.

**FUN FOR FAMILY AND KIDS**

**Safe Sitter Training Class – Libertyville**  
*Saturday, March 4, 9 am – 3 pm*

Safe Sitter® is a national, non-profit organization that provides medically-accurate programs to teach youth life and safety skills. Topics covered include infant and child CPR, caring for a choking infant or child, injury prevention and management, behavior management, safety for the sitter, child care essentials and more. Course taught by Centre Club’s own certified Safe Sitter instructor, Nada Saponja. For more information call Nada at 847.990.5730 or email: nada.saponja@midtownhealth.com. For children ages 11 and up, fee: $50. Space is limited, register at Front Desk.

**Kidtown Family Water Works – Libertyville**  
*Saturday, March 11, 11 am – 12 pm, Kidtown*

Hit the pool! Water works provides recreational activities as well as socialization for kids and their parents. Come and join Jackie Sanchez in the pool for an hour of activities and fun! Ages 5 and up. Event is free to members, $15 for non-members. Register at Front Desk.

**Family Boot Camp – Gurnee & Libertyville**  
*Saturday, March 11 and April 8, 12 – 1 pm in Gurnee, Saturday, April 8, 11:30 am – 12:30 pm in Libertyville*

Share the boot camp experience with the kids! Led by James Cortez and Mike Foster in Gurnee and Clo Martinez in Libertyville, this interval based workout will cater to all fitness levels and ages and feature low impact exercise circuits great for everyone in the family. Children must be 5 years and older. Complimentary to members and their children. $15/non-member. Register at Front Desk.

**St Patrick’s Day Celebration – Gurnee**  
*Friday, March 17, 9:45 am, Kidtown*

Wear your brightest green and enjoy a light breakfast while we listen to a reading of Green Eggs and Ham, the Dr. Seuss classic. Register in Kidtown.

**Lunch with Leppy the Leprechaun – Libertyville**  
*Friday, March 17, 1130 am – 12:30 pm, Kidtown*

Enjoy a hot dog while the kids create their very own pot of gold! We’ll dance a little jig and celebrate St. Patrick’s Day. All ages welcome with parent. Fee: $2/person (member), $15/non-member. Register at Front Desk.

**Celebrate the Earth – Gurnee**  
*Monday, March 20, 10 am, Kidtown*

Celebrate Mother Earth and learn a bit about how things grow. We’ll be planting a flower for your little botanist to take home. Register in Kidtown.

**Kids Night Out – Gurnee**  
*Saturday, March 25, 3 – 6 pm, Kidtown  
Saturday, April 22, 3 – 6 pm, Kidtown*

We’ll be playing games, enjoying a light dinner, making crafts and having LOTS of fun! Enjoy a “night out” with all your little buddies. Fee: $15/member child, $10 for each additional member/child. Register at Front Desk.

**Spring Break Week – Gurnee**  
*March 27 – 31, Kidtown*

We will do a special activity each day. Stay tuned for more activities to be added! Fee: $7/member child, $15/non-member child. Register at Front Desk.

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<thead>
<tr>
<th>Date</th>
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<th>Event</th>
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<tbody>
<tr>
<td>Tuesday</td>
<td>3/28, 10 – 11:30 am</td>
<td>Summer Camp Preview—see what summer camp is all about</td>
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<tr>
<td>Wednesday</td>
<td>3/29, 12 – 1 pm</td>
<td>Yoga— age appropriate</td>
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<td>Friday</td>
<td>3/31, 10 – 11 am</td>
<td>Fun, Fitness and Exercise</td>
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**Easter Egg Hunt – Libertyville**  
*Friday, April 14, 10 – 11am, Kidtown*

Enjoy an Easter Egg Hunt with over 200 eggs and special prizes awarded for finding the special silver or gold eggs! Will be held outside, weather permitting. No fee, register at Front Desk.
Easter Egg Hunt – Gurnee
Friday, April 14, 10 am, Kidtown
Let’s hope for a sunny day and hunt for eggs! Will be held outside, weather permitting. Other fun activities include a new way to dye an egg and cookie decorating! Come have fun. $2/member child, $5/non-member child. Register at Front Desk.

Breakfast with the Easter Bunny – Libertyville
Saturday, April 15, 9 – 10 am, Kidtown
Hop on down to Centre Club for Breakfast with the Easter Bunny! We’ll be enjoying French Toast and each child will receive a hard-boiled, colored egg to eat or take home! Bring your camera for some unforgettable photos of your little bunnies! Fee: $5/member, $15 maximum per family, $15/non-member, $45 maximum per non-member family.

Gardening at Kidtown – Libertyville
Friday, April 21, 10 – 11 am, Kidtown
Gardening gives children a chance to learn an important life skill, one that is overlooked in standard school curriculums. Gardening is also a great way to teach environmental awareness by exploring the workings of nature. We will plant a bean and watch it grow! Suitable for ages 2 and up. No fee, register at Front Desk.

PROGRAMS & EVENTS

Call Steve Allen with questions regarding programs or leagues at Centre Club Libertyville at 847.990.5740 or Eric Nelson regarding Centre Club Gurnee at 847.625.4740 Register at the respective Front Desk or call 847.990.5750 in Libertyville or 847.625.4750 in Gurnee.

CLASSES

Brick Body Workout – Gurnee
Tuesdays, Spring II Session: March 28 – May 2, 6-week session, 9:30 am on the Gym Floor
This intense full-body workout combines dynamic strength training and explosive, heart pumping cardio intervals. Push your body to its limits. Ignite your cardio, strength and athletic performance. Burn up to nine times more calories than steady state cardio training. Sculpt a new body, brick by brick! Fee per 6-week session: $57/member. Ask about our multi-class discount!

Boot Camps – Gurnee & Libertyville
For those who want to take it up a notch, this six-week program of 55-minute classes are a no-nonsense, get-down-and-dirty, aerobic-based strength training program. Our staff uses time-tested exercises with new techniques to increase muscle strength. Class meets on the Gym Floor. Six week program unless otherwise noted. Six-week session fee: $57/member. Five-week session fee: $47.50/member. Drop-in rate: $13/member.

Small Group Challenge and Intro to Yoga (New!) – Libertyville
Small group classes limited to 5 - 7 participants, designed to target specific goals! The smaller group ensures participants receive the personalized attention needed to maximize results. **Strength Challenge** - proven exercise to increase strength and metabolism. **Roll & Flex** - stretching combined with the foam roller for the ultimate in muscle release and flexibility. **Rock Bottoms (NEW!)** - effective exercises to strengthen the core, glutes and lower extremities – the foundation for all movement and activity. **Swim Skills & Drills (NEW!)** - come learn how to improve your swim stroke and endurance in a group setting. Be the swimmer you always wanted to be. **Intro to Yoga class** - designed to help you become familiar with basic yoga postures, breathing techniques, and proper alignment. If you’ve been curious about Yoga, but maybe a little intimidated walking into a class, this is for you! All 5-week sessions: $70/member. Drop-in rate: $16/member.

Pilates Reformer Program, 60-Minute Classes – Libertyville
Join Laura Meyer, Stott trained Pilates Instructor and AFFA Certified Personal Trainer and Corrine Dawson, a Romana Kryznowska trained Pilates Instructor, to develop your Pilates Reformer training routine. Pilates Reformer classes utilize Peak Pilates apparatus. Pilates exercise has been around for over 80 years. Introduced by Joseph Pilates, Pilates has gained appreciation as a rehabilitation tool and fitness focus. Focus is on abdomen and back muscles to increase core strength and develop additional flexibility of the muscles using breathing and movement techniques. All levels welcome. All classes 60-minutes in length. Five-week session fee: $120/member; Drop-in rate: $26/member.

Pilates Reformer Private Lessons – Libertyville
Private instruction on Pilates Reformer equipment taught by Laura Meyer or Corrine Dawson. These certified Pilates instructors will help you develop your Pilates program focusing on core strength and flexibility. Private lessons are scheduled by calling Laura directly at 847.987.4820 or Corrine at 773.865.2053. Fee: per one-hour lesson $72/member, $89/non-member.
Free Guest Days
Celebrate your commitment to health and fitness by treating a friend or family member to a day at Centre Club. Enjoy FREE GUEST DAYS and bring a guest for FREE on Thursday, March 30 and Wednesday, April 12 AND Sunday, April 16 (Easter Sunday). Remember, only one free guest per member and local residents may come as guests a maximum of three times per year.

George at Deli Plus at Centre Club Libertyville serves fresh, homemade sandwiches, salads, soups and smoothies – stop in today and eat healthy! Catering also available

TRX Suspension Training – Gurnee & Libertyville
Use your body weight as resistance on the TRX Suspension System for a challenging and effective, 30-minute strength workout. Fantastic, functional core work! Exercises are adapted to all fitness levels. Six-week session unless otherwise noted. Six-week session fee: $45/member. Five-week session fee: $37.50/member. Drop-in rate: $10/member.

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<tr>
<th>TRX Suspension Training</th>
<th>Mondays</th>
<th>Wednesday</th>
<th>Fridays</th>
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<tr>
<td>Gurnee</td>
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<td>30 Min TRX Express</td>
<td>Clo Martinez</td>
<td>Sharon Kuhn</td>
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<td>Mar 27 – May 1</td>
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<td>Libertyville</td>
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<td>30 Min TRX Express</td>
<td>Clo Martinez</td>
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<td>Apr 3 – May 1*</td>
<td>Apr 5 – May 3*</td>
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*5 week session

Programs and Events

Small Group Challenge

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<tbody>
<tr>
<td>Strength Challenge (50 mins)</td>
<td>Lee Ann</td>
<td>10:30 &amp; 11:30 am</td>
<td>Tuesdays, Apr 4 – May 2</td>
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<td></td>
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<td>8:30 &amp; 9:30 am</td>
<td>Thursdays, Apr 6 – May 4</td>
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<tr>
<td>Roll &amp; Flex (50 mins)</td>
<td>Lee Ann</td>
<td>10:30 am</td>
<td>Tuesdays, Apr 4 – May 2</td>
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<td>10:30 am</td>
<td>Thursdays, Apr 6 – May 4</td>
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<tr>
<td>Rock Bottoms (New!)</td>
<td>Jenn</td>
<td>6 pm</td>
<td>Tuesdays, Apr 4 – May 2</td>
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<td>Swim Drills &amp; Skills</td>
<td>Mary H</td>
<td>5:05 &amp; 6 am</td>
<td>Tuesdays, Apr 4 – May 2</td>
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<td>8 am</td>
<td>Wednesdays, Apr 5 – May 3</td>
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<tr>
<td>Intro to Yoga (New!)</td>
<td>John</td>
<td>7 am</td>
<td>Fridays, Apr 7 – May 5</td>
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Kate's Class – Libertyville
Thursdays, April 6 – May 4, 11:30 am with Kate Wagner
Modern Dance/Ballet/Jazz Class for all fitness levels, including those with movement limitations. Personal instruction at its best! Five-week session fee: $47.50/member. Drop-in rate: $13/member.

NewsQuest, Centre Club’s bi-monthly newsletter, can be found on our website advocatehealth.com/condell-centreclub under the left-hand menu option “NewsQuest newsletter.”

Congratulations to Team Capt. Gary O’Reilly, Don Ryan, Dan Carter, Michael Carter, Josh Gutzwiller, Leo Romeo and Mark Garapolo. 2016-2017 Hoops Champs!!

Please remember, to preserve member privacy, there is to be NO CELL PHONE USAGE in the locker rooms. – Thank you.
Spring Into Fitness – Gurnee & Libertyville  
Every Monday in March. Our personal training staff will put together a circuit workout for each Monday in March. The workout will be a 30-minute circuit including an instructional handout. Look for your trainer’s quick video invitation on Facebook! No fee or registration.

Open Volleyball – Gurnee  
Every Saturday in March and April, 12 – 2 pm, Gym Floor  
Volleyball nets will be set up for open play. Join us for a little extra practice and a match or two! All skill levels and ages are welcome. No fee or registration.

Belly Dancing 101 – Libertyville  
Thursday, March 2, 6:30 pm  
Belly Dancing is an ancient dance that brings awareness to one's body, mind and spirit. Enjoy a fusion of Middle Eastern belly dancing with yoga and tai chi, to improve your fitness level, gain confidence, all while having fun. Yoga attire and hip scarf (optional). Complimentary for members, $15/non-member. Register at Front Desk.

10 Ways to Feel 10 Years Younger with Essential Oils – Libertyville  
Tuesday, March 7, 6:45 – 7:45 pm, Club Room  
Join us for an hour of fun and information about simple things you can do every day to make a big difference in how you feel. Free TiVo hand scans available as well. Use bio-impedance technology to find out what oils are recommended for you. We will make one item to take home. Class is complimentary to Centre Club members, $15 for non-members. Register at Front Desk. For more information contact Mary Slight at bodiesinbalance@outlook.com.

Spring Clean Your Diet – Libertyville  
Wednesday, March 8, 11:45 am, Club Room  
Looking for ways to “freshen up” and nutritionally improve your eating habits? Our registered dietician will provide tips and menu ideas to do just that! Join Summer Vondran, MS, RDN, LDN to learn tips for healthier eating. No fee. Register in advance at Front Desk.

Nutrition 101 - Gurnee  
Wednesday, March 8, 6:30 – 7:30 pm  
Improve your lifestyle with a better understanding of nutrition. Learn the basics about the food groups, portion sizes, vitamins, minerals and how to make good choices to reach optimal health. No fee. Space is limited, register at the Front Desk.

Intro to Essential Oils – Gurnee  
Wednesday, March 8, 11:30 am – 1:30 pm and 6 - 8 pm, Education Room  
Learn how to properly use essential oils for your health and wellness goals. Essential oils have become mainstream as people use them to treat many health issues from digestive to respiratory problems. People are finding oils to provide relief and support with little to no side effects. No fee or registration required.

Humor Exchange – Gurnee  
Second Thursday of every month, March 9, 7 – 9 pm– Education Room  
Humor is a natural, universal medicine. Please join us to experience the many mental and physical benefits of laughter! We’ll be sharing a broad range of humorous material and our own comical stories. Adults 18 and older are welcome, school-aged children are invited in July and December. Event is free, open to the public. Call 800.323.8622 or advocatehealth.com (mention code: 5G31) to register.

H2O Power – Libertyville  
Friday, March 10, 5:30 pm, Pool  
Ready for the next level of training in cardio, strength and balance? Join us in the pool using special props and the water’s resistance for an energized workout that will challenge even the fittest athlete! No swimming skills required, but come prepared for a fun and exciting water workout that takes it up a notch! Taught by Cindy Carlson and Ann Pfeil. No fee for Centre Club members, $15/non-member. For ages 13 and up. Register at the Front Desk.

Soap Making 101 – Libertyville  
Tuesday, March 14, 7 pm, Club Room  
No kidding! Learn how to make your own quality bar soap at home in this introductory session to cold process soap making. Centre Club’s own Shawn Ford will share the history of soap, types of soap, soap making methods, materials and equipment, suppliers and more! Soap making equipment, oils and fragrances will be on display. Attendees will receive a homemade bar of soap to take home. Class is free for members, $15/non-member. Class size is limited to 15 participants so register early.

Everyone’s Irish Happy Hour – Gurnee  
Thursday, March 16, 5:30 – 7 pm, Lobby  
Reward your great workout with some light appetizers and beverages as we celebrate St. Patrick’s Day! Wear your best, brightest green and let’s have some fun!

Caribbean Barre Break – Libertyville  
Sunday, March 19, 9 am, Group Exercise Studio  
Start Spring Break early with a Caribbean themed Barre class! Deena Stovall will lead the class, right here in Libertyville, but you’ll feel like you’re in a tropical paradise. No fee for Centre Club members, $15/non-member. Register in advance at Front Desk.

Get Lucky at Team Trivia Night – Gurnee  
Monday, March 20, 6 – 8 pm, Education Room  
Team up and compete in Centre Club Gurnee’s Tantalizing Team Trivia night and enjoy a social evening with your fellow members. Test your knowledge and try to win fabulous prizes. Light snacks and beverages will be served. Hosted by Craig (Wink) and Kristin (Vanna), the contest has 6 rounds of 10 questions. The first round is a picture round and the last round is a handout round (multi-choice puzzles, Match-the-Items etc.) No fee to play. Register in advance at Front Desk.

eSBe Designs Jewelry and India Hicks – Gurnee  
Wednesday, March 22, 3 – 8 pm, Education Room  
Celebrate some March madness fun! Stop by to win a prize & catch our new spring designs! There will also be a Chance to Give Back! No fee or registration.

A Bike for Every Body – Libertyville  
Wednesday, March 22, 6 – 7 pm, Centre Club’s Deli-Plus Area  
A fun, interactive workshop to prep for the upcoming cycling season! See the latest makes, models and bicycle technologies. Understand what it means to be “self-sufficient” on the road. Presented by Greg Balmes – Owner, Deerfield Cyclery. Guaranteed you will have fun and leave psyched and ready to begin the new cycling season! No fee for Centre Club members. For ages 13 and up, $15/non-member. Register at the Front Desk.

Prevent and Reverse Low Back Pain Workshop – Libertyville  
Thursday, March 23, 7 – 8 pm, Club Room  
Learn easy and effective techniques to prevent or reverse low back pain. Release held tension with small, targeted movements that connect your...
muscles with your brain. Discover ways to sit, stand, and bend forward without pain. A variety of movements will decompress your spine and release tightness around your hips. Whether your pain is recent or chronic, you can take steps to jump back into your life! Instructed by Allison Wilmes, Professional Yoga Therapist and Movement Educator. No fee for Centre Club members, $15/non-member. Ages 13 and up. Register at Front Desk.

**Reuse-A-Shoe, Gurnee & Libertyville**

**Entire month of April – Club lobbies**

In coordination with SWALCO, Centre Clubs are collection sights for the Reuse-A-Shoe recycling program. Bring virtually all types of footwear to Centre Clubs during the month of April and we will deliver to SWALCO for recycling. See Club display for acceptable and non-acceptable donations. Thank you.

**Back and Neck Pain – Libertyville**

**Tuesday, April 4, 7 – 8 pm, Club Room**

Theresa Beckman, Advocate Condell, Licensed Physical Therapist, will help you understand common reasons for back pain and treatment options. No fee. Register at front desk.

**Intro to Essential Oils – Gurnee**

**Wednesday, April 5, 11:30 am – 1:30 pm and 6 – 8 pm, Education Room**

Learn how to properly use essential oils for your health and wellness goals. Essential oils have become mainstream as people use them to treat many health issues from digestive to respiratory problems. People are finding oils to provide relief and support with little to no side effects. No fee or registration.

**eSBe Designs Jewelry and India Hicks – Gurnee**

**Thursday, April 6, 3 – 8 pm, Education Room**

Spring is here, so add some spring to your step and update your collection with new spring and summer designs! Our new pieces will make you smile!

**TRX for Golfers – Libertyville**

**Thursday, April 6, 6 pm, Club Room**

Through the fundamentals of stability, mobility and coordination, TRX for Golf exercises are designed to help you develop your plank, create upper body mobility, lower body stability, and to develop the coordination required for a perfect golf swing. Free to members, $15/non-member, register at Front Desk.

**Family Boot Camp – Gurnee & Libertyville**

**Saturday, April 8, 12 – 1 pm in Gurnee, 11:30 am – 12:30 pm in Libertyville**

Share the boot camp experience with the kids! Led by James Cortez and Mike Foster in Gurnee and Clo Martinez in Libertyville, this interval based boot camp experience will cater to all fitness levels and ages and feature low impact exercise circuits great for everyone in the family. Children must be 5 years and older. Complimentary to members and their children. $15/non-member. Register at Front Desk.

**Cycle with the Cubs – Libertyville**

**Monday, April 10, 9:30 am, 5 & 6:30 pm, Cycle Studio**

It’s opening day at Wrigley Field and we will be cycling with the Cubs during all cycle classes! If you can’t be at the ball park, come cycle at Centre Club. No fee or registration. Guest fees apply.

**Easter Egg Hunt - Gurnee**

**Monday, April 10 – Friday, April 14,**

Back by popular demand, the Easter Bunny is coming to town and hiding some eggs throughout the Club! If you find an egg, bring it up to Member Services and enter to win one of three Easter Baskets! Eggs will be strategically placed around the club, so keep your eyes peeled!

**Mindful Meditation – Libertyville**

**Tuesday, April 11, 7 – 8 pm, Club Room**

Invest in yourself this year with a meditation practice. Learn and experience the vast benefits of meditation and the many styles (they’re not all about sitting quietly!). Meditation is great for increasing self-awareness, being present, stress reduction, and shifting your viewpoint of the world. Experience positive changes in your body, mind, and spirit. Physical abilities required for this class are chair sitting and walking. Complimentary for members, $15 for non-members. Register at Front Desk.

**Humor Exchange – Gurnee**

**Second Thursday of every month, April 13, 7 – 9 pm – Education Room**

Humor is a natural, universal medicine. Please join us to experience the many mental and physical benefits of laughter! We’ll be sharing a broad range of humorous material and our own comical stories. Adults 18 and older are welcome, school-aged children are invited in July and December. Event is free, open to the public. Call 800.323.8622 or advocatehealth.com (mention code: 5631) to register.

**Elevate Your Gym Bag – Libertyville**

**Tuesday, April 18, 6:45 – 7:45 pm, Club Room**

Learn how essential oils can help you maximize your workout, help with muscle soreness and recovery, help you sleep better, keep your equipment and gym clothes clean and fresh and more! Whether you are new to essential oils or want to learn more, this class is for you.

We will make one item to take home! Class is complimentary to Centre Club members, $15 for non-members. For ages 13 and up. Register at the Front Desk.

**TRX for Yoga – Libertyville**

**Thursday, April 20, 11 am – 12 pm, TRX Studio**

Instructed by James Cortez and Clo Martinez in Libertyville, this interval based class is for those looking to enhance alignment, stability and mobility. This class is designed for those with limited Yoga or TRX experience. Taught by Ann Pfeil, Registered Yoga Instructor and TRX Enthusiast. No fee for Centre Club members, $15 for non-members.

**Tai Chi 101 – Libertyville**

**Thursday, April 27, 11:45 am, Group Ex Studio**

Tai Chi Chuan is an ancient Chinese martial art that promotes well-being by circulating the chi of the body through a series of slow, relaxing movements. Practicing Tai Chi helps replenish energy reserves, improves balance, loosens tight muscles and brings more flexibility to joints and ligaments. It is a cardiovascular and weight-bearing exercise. Complimentary for members, $15 for non-members. Register at Front Desk.

**Get a Heads Up on Concussions – Libertyville**

**Thursday, April 27, 7 pm, Club Room**

Dr. Aaron Malina will be discussing the signs, symptoms and the next steps to take when dealing with concussions. No fee. Register at Front Desk.

**Drum Circle – Libertyville**

**Friday, April 28, 7 pm, Group Exercise Studio**

Drumming...this rhythmic beat can alter human brainwaves, reduce stress, release endorphins, increase healing and more. No drumming experience needed. We will learn how to play hand drums and hew rhythms. Become energized and raise your vibration with drumming! Complimentary for members, $15 for non-members. Register at Front Desk.

**Fido Fitness Walks – Gurnee**

**Saturday, April 29, 8 am, Centre Club Gurnee Parking Lot**

April Showers! If it’s April it must be Raining Cats and Dogs! Join Centre Club staff and members for a hike with your most beloved dog. Leashes required. Bring a donation of food or supplies for Our House of Hope Pet Food Pantry. We will deliver all donations. No fee or registration required.
SCHOOL AGE CAMPS
Each day is full of excitement as campers participate in a variety of activities centered on a weekly theme. All activities are on-site and include games, sports, crafts, age appropriate fitness classes and swimming! Activities are held both indoor and outdoor. Campers are required to pack a lunch and sunscreen. Ages 6-12.

Cost:  $159 Member  $189 Nonmember
**All About America  ($90 Member  $105 Nonmember)
A non-refundable $50 deposit per camp is due at the time of registration. The remaining balance is due by the first day of camp. Registration required. Day rates also available: $35/Day Members  $40/Day Nonmembers

Artful Antics
June 5 – 9, 9 am – 4 pm

All about Team Work
June 12 – 16, 9 am – 4 pm

Net Sport
June 19 – 23, 9am – 4 pm

Let's Play
June 26 – 30, 9 am – 4 pm

**All about America
July 5 – 7, 9 am – 4 pm
(3-day camp)

Christmas in July
July 10 – 14, 9 am – 4 pm

Outside Fun
July 17 – 21, 9 am – 4 pm

Animal World
July 24 – 28, 9 am – 4 pm

Ocean Tails
July 31 – August 4, 9 am – 4 pm

The Last Hurrah
August 7 – 11, 9 am – 4 pm

PRE AND POST CAMP
The perfect solution for working families. While in Pre and/or Post Camp, your child participates in a variety of indoor activities including games, music and more!

Pre Camp:  7 – 9 am (Cost: $5/hour)
Post Camp:  4 – 6 pm (Cost: $5/hour)

Register by May 12 and save 10% off camp tuition.
## PRESCHOOL CAMPS
Designed for children 3 - 5 years old. Activities include organized sports, gym games, snacks, story time, songs and crafts. Children must be toilet-trained.

**Cost:**
- $99 Members
- $129 Nonmembers

(*Day rates = $22/Day Members or $28/Day Nonmembers*)

<table>
<thead>
<tr>
<th><strong>All About America</strong></th>
<th><strong>Artful Antics</strong></th>
<th><strong>All About Teamwork</strong></th>
<th><strong>Net Sport</strong></th>
<th><strong>Christmas in July</strong></th>
<th><strong>Outside Fun</strong></th>
<th><strong>Animal World</strong></th>
<th><strong>Ocean Tails</strong></th>
<th><strong>The Last Hurrah</strong></th>
</tr>
</thead>
<tbody>
<tr>
<td>(3-day camp)</td>
<td>June 5 – 9, 9 am – 12 pm</td>
<td>June 12 – 16, 9 am – 12 pm</td>
<td>June 19 – 23, 9 am – 12 pm</td>
<td>July 5 – 7, 9 am – 12 pm</td>
<td>July 17 – 21, 9 am – 12 pm</td>
<td>July 24 – 28, 9 am – 12 pm</td>
<td>July 31 – August 4, 9 am – 12 pm</td>
<td>August 7 – 11, 9 am – 12 pm</td>
</tr>
<tr>
<td>$65 Members</td>
<td>Campers experience a wide variety of craft.</td>
<td>We play games and learn how to share and work together.</td>
<td>We play racquetball basketball, soccer and more.</td>
<td>Read and learn about America.</td>
<td>Time to play outside! Campers experience the great outdoors with adventure games, nature crafts and more!</td>
<td>A magical jungle adventure every day and more!</td>
<td>All things water! It’s about the fish in this exciting underwater week at camp!</td>
<td>Let’s squeeze in as much fun as possible! A carnival is coming, a circus and more!</td>
</tr>
<tr>
<td>$84 Nonmembers</td>
<td></td>
<td></td>
<td></td>
<td>(3-day camp)</td>
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</tr>
</tbody>
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Advocate Condell Medical Center
Centre Club
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