

L I B E R T Y V I L L E
FITNESS CENTER
JOIN TODAY!



LSC
 CAR MAGNET
 WITH
 MEMBERSHIP

Corner of Peterson Rd. & Hwy. 45
847-367-1504



**ANNUAL MEMBERSHIP
 ONLY \$365**

FITNESS CENTER HOURS

Mon-Thu 5:00 am to 10:00 pm
 Friday 5:00 am to 9:00 pm
 Saturday 7:00 am to 6:00 pm
 Sunday 8:00 am to 5:00 pm



ANNUAL MEMBERSHIP

	ONE PAYMENT	12 MONTHLY PAYMENTS
Individual	\$ 365	\$ 34.58 (\$415)
Family 2	\$ 635	\$ 57.08 (\$685)
Household	\$ 910	\$ 80.00 (\$960)

Fitness members must be 14+ years old. Open Gym/Climbing Mountain memberships (\$250/year) may be purchased for children 5-13 years old. Family 2 and Household Fitness memberships are for individuals living at the same address.

Senior Individual	\$ 295	\$ 27.50 (\$330)
Senior Family 2	\$ 440	\$ 39.58 (\$475)

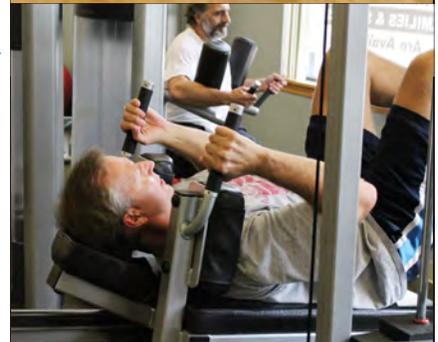
Must be 60 yrs+ living at same address

OPEN GYM-CLIMBING MOUNTAIN PASSES

Open Gym (20 visit pass)	\$140
Open Gym & Climbing Mountain (20 visit pass)	\$180
Annual pass (BEST DEAL!)	\$250

SPORTS COMPLEX MEMBER BENEFITS

- No enrollment fee
- No non-resident fee
- Free group exercise classes
- Free Open Gym
- Free Climbing Mountain
- ¼ mile indoor walking & running area
- Indoor cycling studio
- 15% off at Driving Range



** All prices and hours listed above subject to change*



Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
5:15 am CYCLE	5:15 am ANYTHING GOES!	5:15 am CYCLE	5:15 am KETTLEBELL POWER	5:15-6:30 am CYCLE	 BEST YOGA CLASSES	
	7:30 am CARDIO & CORE		7:30 am BASIC TRAINING	8:00-10:00am Women's Competitive & Recreational PICKLEBALL PLAY		
8:30 am BASIC TRAINING	8:30 am STRENGTH & FLEXIBILITY	8:30 am MOVING STRENGTH	8:30 am ZUMBA	8:30 am CYCLE	8:00 am HIIT	8:45 am STEP & CORE
9:00 am CYCLE		8:30 am CYCLE	8:30 am CYCLE	9:00 am STEP INTERVAL		10:00-11:15 YOGA
9:30 am-Noon Competitive & Recreational Courts	9:30 am-Noon Competitive & Recreational Courts	9:30 am-Noon Open Play	9:30 am-Noon Competitive & Recreational Courts	10:00 am-Noon Competitive & Recreational Courts	← PICKLEBALL	
9:35 am DANCE JAM	9:35 am ZUMBA	9:35 am YOGA	9:35 am STRENGTH & FLEXIBILITY	10:00 am BARRE SCULPT		
10:40 am SENIORCIZE	10:40 am SENIORCIZE	10:40 am SENIORCIZE	10:40 am SENIORCIZE	6:00 pm Jazzercise®		4:00 pm Jazzercise®
11:45 -12:45 GENTLE YOGA	11:45 -12:45 YOGA	11:45 -12:30 BARRE SCULPT	11:45 -12:45 GENTLE YOGA	FITNESS MULTI-VISIT PASS: 10 Visits @ \$99 includes all group exercise classes and the use of the Fitness Center. One Day Visit...\$12		
1:00-3:00 pm Recreational Pickleball Play		1:00-3:00 pm Recreational Pickleball Play				
5:00 pm STRENGTH & FLEXIBILITY	5:00 pm YOGA	5:00 pm STRENGTH & FLEXIBILITY	5:00 pm BARRE SCULPT	KIDS' CLUB - BABYSITTING AVAILABLE Mornings: Mon-Fri 8:15-11:15 am Sat 7:45-11:00 am Evenings: Mon-Thu 4:30-7:30 pm DAILY DROP-IN FEE \$5 per child 20 VISIT PASS \$65 40 VISIT PASS \$120 ANNUAL FAMILY PASS \$360 or \$30/month		
6:05 pm ZUMBA	6:05 pm HIIT		6:05 pm HIIT			
6:00 pm CYCLE	7:15 pm Jazzercise®	6:15 pm YOGA	7:15 pm Jazzercise®			

SENIORCIZE

Seniorcize and Group Exercise classes listed above are included when you buy a Fitness Center Senior Membership (\$295/year)

Days: Mon, Tue, Wed, Thu
Time: 10:40-11:30 am
Date: Jan 4-Mar 24
 \$84 2 days
 \$108 3 days
 \$126 4 days



Saturday

January 28

9:00 am to Noon
Fitness Center





PERSONAL TRAINING

Let us pair you with one of our nationally certified personal trainers who will design a program specifically for you!

The type and frequency of training sessions will depend on your specific goals. During the initial consultation, these goals are defined and methods to achieve them are set by the client & trainer. For both beginners and experienced exercisers, from cardiovascular conditioning to reconditioning after an injury, our personal trainers have the expertise, education, resources and experience to design an exercise program to help you meet your health & fitness goals.

ONE-ON-ONE TRAINING

1 session:	\$60.00
3 sessions:	\$150.00
5 sessions:	\$240.00
10 sessions:	\$450.00
15 sessions:	\$600.00

SMALL GROUP TRAINING

Combine the personal attention of one-on-one training with the fun of group exercise! Cycling, running, yoga, flexibility, strength - let us know what you'd like to focus on.

2 clients/1 hour:	\$35/person
3-4 clients/1 hour:	\$30/person
2 clients/pkg. of 5:	\$135/person
3-4 clients/pkg. of 5:	\$110/person

Please fill out a Personal Training request form in the Fitness Center or find the form on our website:

www.libertyville.com/fitness

Questions? Contact Jodi Thors at (847) 367-6890

jthors@libertyville.com



FUN HEALTH & FITNESS FACTS

It is estimated that only 22% of American adults participate in regular physical activity for at least 30 minutes, 5 X a week. But, there's good news! No matter how poor your current level of fitness, you can start an exercise routine and become fitter and healthier at any time!

Walking at a fast pace burns almost as many calories as jogging for the same distance. Walking for 1 hour per day has the potential to burn enough calories to lose 30lbs/year!

Muscle is about three times more efficient at burning calories than fat, **even when at rest.** For every 1 pound of muscle you gain, your body burns an extra 50 calories/day.

Exercise is more effective at increasing your energy levels than caffeine.

Consistent exercise teaches your body how to be an efficient fat-burner, rather than a fat-storer.

Eating healthy is not more expensive than a junk food diet--especially once you consider health care costs down the road. (The perimeter of the grocery store is where 90% of the healthy food is.) Eating a predominant whole foods diet creates a natural caloric restriction.

Exercise can be as effective as medication for relieving short-term anxiety.

