

Zumba & Wellness

Check out nutrition workshops on page 57.

Zumba®

Ages 18 years and up; all levels

This program fuses hypnotic Latin rhythms and easy-to-follow moves to create a one-of-a-kind fitness program that will help you burn calories, achieve long-term benefits, and have a blast!

Fee: See below. Location: F&RC–Fitness Studios



Actv.#	Sec.#	Day	Dates	Time	Fee
April Session	19	Mon.	4/5–4/26	10:15–11:15am	\$48/\$60 (4 wks)
	20	Mon.	4/5–4/26	11:15am–12:15pm	\$48/\$60 (4 wks)
	21	Wed.	4/7–4/28	10:15–11:15am	\$48/\$60 (4 wks)
	22	Wed.	4/7–4/28	11:15am–12:15pm	\$48/\$60 (4 wks)
	23	Wed.	4/7–4/28	7:30–8:15pm*	\$40/\$50 (4 wks)
	24	Thur.	4/8–4/29	9:15–10:15am	\$48/\$60 (4 wks)
May Session	25	Mon.	5/3–5/24	10:15–11:15am	\$48/\$60 (4 wks)
	26	Mon.	5/3–5/24	11:15am–12:15pm	\$48/\$60 (4 wks)
	27	Wed.	5/5–5/26	10:15–11:15am	\$48/\$60 (4 wks)
	28	Wed.	5/5–5/26	11:15am–12:15pm	\$48/\$60 (4 wks)
	29	Wed.	5/5–5/26	7:30–8:15pm*	\$40/\$50 (4 wks)
	30	Thur.	5/6–5/27	9:15–10:15am	\$48/\$60 (4 wks)
June Session	01	Tue.	6/8–6/29	9:15–10:15am	\$48/\$60 (4 wks)
	02	Tue.	6/8–6/29	10:15–11:15am	\$48/\$60 (4 wks)
	03	Wed.	6/9–6/30	7:30–8:15pm*	\$40/\$50 (4 wks)
July Session	04	Tue.	7/6–7/27	9:15–10:15am	\$48/\$60 (4 wks)
	05	Tue.	7/6–7/27	10:15–11:15am	\$48/\$60 (4 wks)
	06	Wed.	7/7–7/28	7:30–8:15pm*	\$40/\$50 (4 wks)
August Session	07	Tue.	8/3–8/24	9:15–10:15am	\$48/\$60 (4 wks)
	08	Tue.	8/3–8/24	10:15–11:15am	\$48/\$60 (4 wks)
	09	Wed.	8/4–8/25	7:30–8:15pm*	\$40/\$50 (4 wks)

*45-minute class

Improve Speed and Agility

Ages: 6–18

Davis Speed Center is offering speed and agility programs to all athletes from elementary to high school. Davis Speed Center programs will teach athletes proper running technique, first step quickness, change of direction speed, and agility. DSC programs focus on teaching athletes skills that will help them perform better on the field. Athletes can expect to increase vertical jump by 2–4 inches, decrease forty times by .2 seconds and experience increases in strength and power.

Fee: \$78/\$98

Location: Gym / Fitness Track

Actv.#	Day	Date	Time
204652	01	Wed.	6/9–6/30 10:00–11:00am
	02	Thur.	6/10–7/1 10:30–11:30am
	03	Wed.	7/7–7/28 10:00–11:00am
	04	Thur.	7/8–7/29 10:30–11:30am
	05	Wed.	8/5–8/26 10:00–11:00am
	06	Thur.	8/6–8/27 10:30–11:30am

Zumba Workshop

Ages 18 years and up; all levels

Join former NBA Luvabull Naledi Sesinyi to boost your overall workout with this 90-minute “ZUMBA-THON” workshop. Zumba is great exercise in disguise, using latin-based dance party music while engaging in a dance aerobics class to help you burn calories and shed fat. Zumba is designed for the non-dancer and first-time “mover” in a group setting, as well as the experienced gym fanatic. Workshop encompasses an introduction and history of Zumba, warm-ups with low-cardio, high-intensity cardio workouts, a break with light snacks, and cool down.



Fee: \$18/\$23

Location: F&RC–Fitness Studios

Actv.#	Sec.#	Day	Date	Time
202664	10	Sat.	6/26	8:30–10:00am
	11	Sat.	7/17	8:30–10:00am

FREE Computerized Spinal Assessments

For all ages

Are you interested in finding out the source of your back pain? Do you feel like your body is not functioning as well as it should? Van Ness Chiropractic in Barrington will be offering complimentary, computerized spinal assessments at the new Fitness Center. All screenings are performed by a board-certified chiropractor. Schedule your 15-minute screening at the Fitness Center or by calling 847-842-8070.



Day	Date	Time
Wed.	4/14	9:00–11:00am
Wed.	5/12	9:00–11:00am
Wed.	6/9	9:00–11:00am
Wed.	7/14	9:00–11:00am
Wed.	8/11	9:00–11:00am

Body-Toning Yoga (All levels)

Ages 18 years and up

This innovative class combines the best of body sculpting and mindful relaxation. We take a yoga-based format and enhance it with resistance tubing and stability ball exercises to tone the arms and legs, abs, and glutes. We'll then move through targeted yoga postures to release tight muscles and soothe away your stress. (Min/Max: 6/12). Instructors: Evamarie Pilipuf-Swiers (Mondays); Erin O'Neil (Tuesdays, Wednesdays). *Sorry, no makeups.*

Fee: \$83/\$104 (10 wks; no class week of 8/2)

Location: F&RC-Fitness Studios

Actv.#	Sec.#	Day	Date	Time
202554	07	Mon.	6/7-8/16	6:00-7:00pm
	08	Tue.	6/8-8/17	9:45-10:45am
	09	Wed.	6/9-8/18	10:30-11:30am

Body-Toning/Yoga I Combo

(All levels)

Ages 18 years and up

NEW!

Never tried yoga? This class is a great introduction that combines the basics of Yoga I with our Body-Toning techniques. We'll learn basic yoga postures and use resistance tubing and stability ball exercises to tone the arms and legs, abs, and glutes. You'll feel stretched out, stress-free and energized! All levels welcome. (Min/Max: 6/12). Instructor: Evamarie Pilipuf-Swiers. *Sorry, no makeups.*

Fee: \$83/\$104 (10 wks; no class week of 8/2)

Location: F&RC-Fitness Studios

Actv.#	Sec.#	Day	Date	Time
202554	10	Wed.	6/9-8/18	5:00-6:00pm

Yoga for Fitness (All Levels)

Ages 18 years and up

Join us for a full mind and body workout with this highly active yoga format. This class expands on traditional forms of yoga with increased movement and by connecting the poses with breath. We will build physical strength, endurance, flexibility, and mental acuity in a fitness format while observing time-honored yoga traditions. (Min/Max: 6/12). Instructor: Erin O'Neil. *Sorry, no makeups.*

Fee: \$83/\$104 (10 wks; no class week of 8/2)

Location: F&RC-Fitness Studios

Actv.#	Sec.#	Day	Date	Time
202554	11	Thurs.	6/10-8/19	10:45-11:45am

Yoga for Teens (All Levels)

Ages 12-17 years

Teens, you now have a yoga class dedicated just to you! Reduce the stress of everyday school and social life, boost self-confidence, tone and shape your body, and improve your health and well-being. Yoga can also enhance your performance in sports and academics. (Min/Max: 6/12). Instructor: Evamarie Pilipuf-Swiers. *Sorry, no makeups.*

Fee: \$83/\$104 (10 wks; no class week of 8/2)

Location: F&RC-Fitness Studio

Actv.#	Sec.#	Day	Date	Time
202554	06	Mon.	6/7-8/16	4:15-5:15pm

Natural Foods: How to Eat Better and Live Longer

This class will promise you a new body and a new level of energy! Discover the differences between organic and bio-dynamic foods, how to cook whole grains, and which greens are the most nutritious for your body by attending all 7 sessions. Each session is packed with information for you to know what food works best your body type, where it comes from (not all food comes from where it should) and how it affects your moods and energy. (Min/Max: 6/12). Hosted by Rori Koepfler, Holistic Health Counselor and Certified Personal Trainer.

Fee: \$32/\$40 per class

Location: F&RC

Actv.#	Sec.#	Day	Date	Time	
202565	Glorious Greens	01	Wed.	6/2	7:30-8:30pm
	Great Grains	02	Wed.	6/16	7:30-8:30pm
	Beans & Legumes	03	Wed.	6/30	7:30-8:30pm
	Vegetable Harvest	04	Wed.	7/14	7:30-8:30pm
	Fabulous Fruits	05	Wed.	7/28	7:30-8:30pm
	Posture to the Sun	06	Wed.	8/11	7:30-8:30pm
	Eating Out	07	Wed.	8/28	7:30-8:30pm

