

Fitness & Wellness

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.# 102664	Sec.#	Day	Dates	Time	Fee
January Session	01	Mon.	1/11–1/25	10:15–11:15am	\$36/\$45 (3 wks)
	02	Mon.	1/11–1/25	11:15am–12:15pm	\$36/\$45 (3 wks)
	03	Wed.	1/13–1/27	10:15–11:15am	\$36/\$45 (3 wks)
	04	Wed.	1/13–1/27	11:15am–12:15pm	\$36/\$45 (3 wks)
	05	Wed.	1/13–1/27	7:30–8:15pm*	\$30/\$37 (3 wks)
	06	Thur.	1/14–1/28	9:15–10:15am	\$36/\$45 (3 wks)
February Session	07	Mon.	2/1–2/22	10:15–11:15am	\$48/\$60 (4 wks)
	08	Mon.	2/1–2/22	11:15am–12:15pm	\$48/\$60 (4 wks)
	09	Wed.	2/3–2/24	10:15–11:15am	\$48/\$60 (4 wks)
	10	Wed.	2/3–2/24	11:15am–12:15pm	\$48/\$60 (4 wks)
	11	Wed.	2/3–2/24	7:30–8:15pm*	\$40/\$50 (4 wks)
	12	Thur.	2/4–2/25	9:15–10:15am	\$48/\$60 (4 wks)
March Session	13	Mon.	3/1–3/29	10:15–11:15am	\$48/\$60 (4 wks; no class 3/22)
	14	Mon.	3/1–3/29	11:15am–12:15pm	\$48/\$60 (4 wks; no class 3/22)
	15	Wed.	3/3–3/31	10:15–11:15am	\$48/\$60 (4 wks; no class 3/24)
	16	Wed.	3/3–3/31	11:15am–12:15pm	\$48/\$60 (4 wks; no class 3/24)
	17	Wed.	3/3–3/31	7:30–8:15pm*	\$40/\$50 (4 wks; no class 3/24)
	18	Thur.	3/4–4/1	9:15–10:15am	\$48/\$60 (4 wks; no class 3/25)
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)

*45-minute class

Weigh Less, Live More

Weigh Less, Live More is a 12-week program designed help you eat whole foods and work out more. We promise you a new body and a new level of energy! Participants must attend one meeting a week for 90 minutes and work out at least three times per week (weigh-ins are optional). You'll receive take-home recipes, handouts, sealed pre-packages of organic or natural foods (beans, brown rice, almond butter, etc.), and an organic cookbook. For more information, please contact the Fitness Center at 847-304-5279. Instructor: Rori Koepfler, Holistic Health Counselor and Personal Trainer.

Call Fitness Center Desk (847-304-5279) for fees and to register.

Location: F&RC

Actv.# 102565 Sec. # 01
Wed. 1/6–3/24 7:00-8:30pm

Holistic Nutrition Workshops

Workshops given by Rori Koepfler, 212 Lifestyles.

Why Diets Don't Work
Mon., Jan. 11 7:00pm

Eating for Energy
Mon., Feb. 8 7:00pm

Women's Health
Thurs., Mar. 11 7:30pm

Sugar Blues
Thur., April 8 7:30pm

Call Fitness Center Desk (847-304-5279) for fees and to register.
Location: F&RC

Community Health Screenings

For all ages

Join us on March 17 when Life Line Screening will offer scanning of the carotid artery in the neck for plaque buildup, which can lead to a stroke, as well as the arteries in the legs for peripheral arterial disease, which is linked to heart disease. Testing is also offered for both men and women for bone density, an early warning sign of osteoporosis. *Fee required; pre-registration for this program is a must; call 1-800-407-4557 for your appointment and for more information.*

Location: Fitness Center.

FREE Posture Assessments

For all ages

Van Ness Chiropractic in Barrington will be offering complimentary three-minute posture assessments on Saturday, Jan. 9, from 9:00–11:00am during the Fitness and Recreation Center Grand Opening and on Wednesday, Feb. 10, from 9:00–11:00am in the new Fitness Center. For more information call 847-842-8070.