

## PILATES

### Age: 16 years & up

Pilates is a system of movements that can help bring balance to one's body and mind. It focuses on the muscles of the center of the body. It helps restore the spine to a natural state: a pain free spine that moves with support and fluidity. Pilates helps stretch the overused and tight muscles in a body, and works by toning muscles as well as balancing muscular force at the joint level. There are over 500 exercises in the Pilates system, so it is safe for everyone to perform a tailor-made Pilates program. **(TP)**

**Location:** Recreation Center MPUL

**Fee:** \$48 Res. / \$60 Nonres.

**Min / Max:** 6 / 20

**Register By:** April 11

Code:	Date:	Time:
870002A	Tues., Apr. 18 - May 23	7:00 - 8:00pm
870002B	Thurs., Apr. 20 - May 25	7:00 - 8:00pm

### Pilates Instructor, Judy Sneyd

Judy Sneyd has been in the fitness industry since 1997. She holds certifications through the International Sports Science Association, Aerobics and Fitness Association of America, Mad Dogg Athletics, The Physical Mind Institute of Pilates, AED and CPR certified. She has experience working with general fitness, prenatal/postnatal, post rehab, adolescents and seniors. She believes that exercise is best when it is scheduled into your week. Consistency and accountability is key to achieving your fitness goal. Judy's goal is to help clients feel comfortable in their fitness program and hopefully walk away with the feeling that exercise can be fun!

## TAI CHI FOR EVERY BODY

### Age: 14 years and Up

Discover how Tai Chi can be the perfect activity for your entire family. Tai chi is a low-impact and fun exercise that promotes bone and muscle strength, flexibility, and improves balance. Practicing Tai chi can lead to stronger body and mind. Experience how truly relaxing and fun Tai chi can be. This is a contractual program. **(BW)**

**Location:** Lions Martial Arts Studio, 155 Wick St.

**Fee:** \$35 Resident / \$44 Nonresident

**Min / Max:** 1 / 20

**Register By:** Mar. 1 & Apr. 26

Code:	Date:	Time:
840024A	Wed., Mar. 8 - Apr. 12	6:45 - 7:30pm
840024B	Wed., May 3 - June 7	6:45 - 7:30pm

## BRAVE WAY SELF DEFENSE

### Age: 12 years & up

Give us two hours and we will teach you and your family how to defend yourselves. Originally certified by the State of Illinois to teach police officers, this is one of the easiest to learn and most effective self-defense classes that you can take. We're not going to teach you a bunch of stuff that might not work in a life or death situation. The techniques we teach will stop an attacker immediately. They are easy to learn and use, don't require constant practice or years of training to master, and work regardless of your age, size, strength, speed, skill or physical ability. You will work with a partner to learn the techniques taught in class which include defenses against armed and unarmed attackers; single/multiple attackers; standing, sitting, and ground techniques; and rape defense/prevention. This is not a Stranger Danger lecture. You will learn to anticipate and avoid potentially dangerous situations and how to defend yourself from a physical attack including; grabs, punches, chokes, bear hugs, headlocks, kicks, knives, guns, and more from a much bigger and stronger attacker. Participants will also be given a take home Personal Safety Guide to help make you safer in all areas of your lives. This Class Could Save Your Life. **The class is targeted at teens and adults, but 8-11 year olds can also sign up and take the class with an adult.** All girls at or near dating age should take this class. This is a contractual program. **(TP)**

**Location:** Recreation Center MPA

**Fee:** \$26 Res. / \$33 Nonres.

**Min / Max:** 6 / 12

**Register By:** One week Prior to class

Code:	Date:	Time:
720103C	Saturday, March 11	9:15 - 11:15am
720103D	Wed., April 12	7:00 - 9:00pm
820103A	Wed., May 17	7:00 - 9:00pm

## BOOT CAMP

### Age: 16 years & up

If you want to get in shape quickly or keep your fitness routine interesting in a fun, friendly environment, Bootcamp Classes at Apex Fitness are for you! Our Bootcamp workouts use a wide variety of exercises and formats to maximize weight loss and keep the workouts exciting. Participants are asked to wear clean workout shoes and bring a water bottle to each class. This is a contractual program. **(TP)**

### Hours (45 Minute Classes)

Monday - Thursday: 5:30am, 9:00am, 5:00pm, 6:00pm

Saturday: 7:00am or 9:00am

**Location:** Apex Fitness, 132 Allen Ave., Grayslake

**Fee:** \$52.00 - 4 weeks Unlimited

Code:	Date:
870001A	April 1 - April 29
870001B	May 1 - May 31

**Yoga Balance Instructor, Lisa McKernan**

Yoga Balance was opened by Lisa McKernan in January 2015. Lisa started practicing yoga regularly in January 2011 and was certified in February 2014 through the Emerald Heart School of Yoga. She has lived in Grayslake for more than 20 years and has a wonderful family (husband, two high school children and a black lab.) Yoga Balance currently has two additional teachers (Melissa DeNapoli and Bekka Herrington.) Yoga Balance serves to guide you on your journey to finding/maintaining balance in your life. We encourage you to start your journey by making time for yourself and rediscovering your happiness, peace and calm.



**YOGA BALANCE**

**Age: 16 years & up**

Classes are offered at a beginner level in a friendly and supportive environment where the benefits of yoga can be explored as part of a balanced lifestyle. The classes will focus on breathing, alignment and balance. Please bring water bottle, yoga mat and towel to each class. **(TP)**

**Location:** Yoga Balance - 997 N. Corporate Circle, Suite B  
**Fee:** \$56 per person  
**Min / Max:** 4 / 10  
**Register By:** April 21

<b>Code:</b>	<b>Date:</b>	<b>Time:</b>
870005A	Tuesday, Apr. 25 - May 30	9:30 - 10:30am
870005B	Tuesday, Apr. 25 - May 30	7:00 - 8:00pm
870005C	Saturday, Apr. 29 - June 3	9:00 - 10:00am

**YOGA**

**at Jones Island Park**

Join Bekka Herrington from Yoga Balance for yoga at Jones Island Beach in Grayslake.

This class is for all levels. Please bring a mat, towel, bug spray and water bottle to each class.



<b>Code:</b>	<b>Date:</b>	<b>Time:</b>
970032A	Tuesday, June 13 - July 25 (No Class July 4)	7:00 - 8:00pm

**Fee:** \$56.00      **Min/Max:** 6 / 25      **Register By:** June 6

The Yoga Balance Studio (997 N. Corporate Circle, Suite B) will be used for inclement weather





**SPRING INTO FITNESS**  
**\$59.00 MARCH/APRIL/MAY**  
**UNLIMITED CLASSES**



Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
9:45A*	8:10A	8:10A	8:10A*	9:15A*	7:45A	7:45A
4:30P	6:00P	9:15A*	6:00P	6:00P**		4:00P*
6:00P	7:15P**	6:00P	7:15P**			

**Classes located at the Grayslake Community Park District**

**\*=Babysitting Available \$2 per child**

**\*\*=Classes located at the Libertyville Sports Complex**

All Registration is handled at class. Classes start anytime! Accept Cash, Check & Charge. For a monthly class calendar, email Tracy at [jaztracy@yahoo.com](mailto:jaztracy@yahoo.com).

Disclaimer: Offer valid at participating locations for new customers or those who have not attended classes in 12 months or longer. Other restrictions may apply.

# BARRE ABOVE

*Please bring Yoga Mat  
to each class*

Barre Above is an innovative workout program that combines barre exercises with orthopedic stretches to lengthen and sculpt your body. Classes focus on using bodyweight resistance to overload your muscles for a full-body workout.

## SPRING SESSION

Code: 870026A

Day: Wednesdays

Date: Apr 26- May 31

Time: 10:30-11:30am

Fee: \$54 Res/\$67 Non Res

Min/Max: 6/7

Register By: One week prior to class



Code: 870026B

Day: Fridays

Date: Apr 28- June 2

Time: 9:00-10:00am

Fee: \$54 Res/\$67 Non Res

Min/Max: 6/7

Register By: One week prior to class

**Location:** Grayslake Park District  
Dance Studio

**Instructor:** Amy Cardamone

Babysitting Available  
\$2 per child per class