



YOGA BALANCE

Age: 16 years & up

Beginner level classes are offered 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. This is a contractual program. (TP)

Code:	Day:	Date:	Time:	Fee:
370005A	M	Apr. 23-June 4 (No Class May 28)	5:30-6:30pm	\$60
370005B	Tu	Apr. 24-May 29	9:30-10:30am	\$60
370005C	Sa	Apr. 28-June 2	9-10am	\$60

Location: Yoga Balance
997 N. Corporate Circle, Suite B

Min / Max: 6 / 20

Register By: One week prior

TAI CHI FOR EVERY BODY

Age: 11 years & up

Tai Chi (pronounced "tie-CHEE") is an ancient, slow-moving exercise that originated in China around 1200 AD. 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. **11 week class.** This is a contractual program. (BW)

Code:	Day:	Date:	Time:	Fee (R/NR):
340024A	W	Mar. 7-May 16	6:30-7:15pm	\$77/\$96

Location: Lions Martial Arts Studio
401 S. Route 83

Min / Max: 1 / 20

Register By: Mar. 5

PILATES

Age: 16 years & up

The Pilates Method is a system of movement and therapeutic exercise developed over a span of 60 years by German-born athlete and physical therapy pioneer, Joseph Pilates. Utilizing the specialized equipment he designed, the method works by toning muscles and balancing muscular force at the joint level. It stimulates circulation by facilitation muscular flexibility, joint range of motion and proper neuromuscular patterns, heightened body awareness and more precise coordination. All these things combine to help prevent future re-injury and reduce – and in some cases alleviate – chronic pain. Please bring water bottle, yoga mat and towel to each class. (TP)

Code:	Day:	Date:	Time:	Fee (R/NR):
370002A	Tu	Apr. 24-May 15	7-8pm	\$32/\$40
370002B	Th	Apr. 26-May 31 (No Class May 24)	7-8pm	\$40/\$50

Location: Recreation Center Multi-Purpose Room UL

Min / Max: 6 / 20

Register By: Apr. 17 & Apr. 19



BOOT CAMP

Age: 16 years & up

Whether 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! Apex's 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. Take **unlimited classes** for the month for just \$52! This is a contractual program. (TP)

Code:	Day:	Date:	Time:	Fee:
370001A	M-Th, Sa	April 1-April 30	7-8pm	\$52
370001B	M-Th, Sa	May 1-May 31	7-8pm	\$52

Location: Apex Fitness, 132 Allen Avenue, Suite C

Class Times (45 Minute Classes):

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

Saturday: 7am & 9am

Disclaimer: Offer valid for new customers or those who have not attended in 12 months. Other restrictions apply.

DID YOU KNOW...

The Recreation Center Gym has several open gym times and activities throughout the week! For the monthly open gym calendar, visit www.glpd.com/open-gyms.



Jazzercise Spring Special \$50 for Unlimited Classes March through May

Enroll at any time! All registration is handled at class, so just come to a class and bring cash, check or credit card.

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
7:45am	8:30am	8:10am^	8:10am	8:10am^	9:15am^	7:45am
4pm*	9:15am^	6pm	9:15am^	6pm	4:30pm	
	4:30pm	7:15pm*	6pm	7:15pm*		
	6pm					

Most classes located at the Grayslake Park District Recreation Center

* = Class is at the Libertyville Sports Complex

^ = Babysitting available for \$2 per child

For a monthly class calendar, email Tracy at jaztracy@yahoo.com.

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

