

YOGA *in the* PARK

Get back to nature with Yoga in the Park!
All levels of yoga experience are welcome.



Code:	Day:	Date:	Time:	Location:	Fee:	Register By:
470016A	W	June 20-Aug. 1 <i>No Class July 4</i>	7:15-8:15pm	Jones Island Park	\$60	June 13
470016B	F	June 22-July 27	5:30-6:30am <i>Sunrise class!</i>	Jones Island Park	\$60	June 15

Please bring water bottle, yoga-mat, bug spray and sunscreen to each class.

In the case of inclement weather, this class will be held at the Yoga Balance Studio (997 N. Corporate Circle, Suite B).



Explore the 21+ miles of walking and biking trails in Grayslake or simply walk around your neighborhood.

Get out and walk for 30 minutes today!

www.glpd.com/go-grayslake



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)

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:
470005A	M	June 11-July 23	5:30-6:30pm	\$60
470005B	Tu	June 12-July 24	9:30-10:30am	\$60
470005C	Th	June 14-July 26	12-1pm	\$60

No Class: July 2, July 3 and July 5

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

Min / Max: 4 / 10

Register By: One week prior

Code:	Day:	Date:	Time:	Fee (R/NR):
470002A	Tu	June 5-July 17	7-8pm	\$48/\$60
No Class: July 3				
470002B	Th	June 7-July 19	7-8pm	\$48/\$60
No Class: July 5				
470002C	Tu	July 24-Aug. 28	7-8pm	\$48/\$60
470002D	Th	July 26-Aug. 30	7-8pm	\$48/\$60

Location: Recreation Center Multi-Purpose Room UL

Min / Max: 6 / 20

Register By: One week prior



ZUMBA GOLD

Age: 16 years & up

Perfect for everybody and every body! Once the Latin and World rhythms take over, you'll see why Zumba Gold classes are often called exercise in disguise. With easy to follow interval-style, less intense traditional calorie-burning Zumba moves, we take the "work" out of workout, for a dance fitness party! Come ready to sweat, while having fun, and prepare to leave empowered and feeling strong. (TP)

Code:	Day:	Date:	Time:	Fee (R/NR):
470004A	W	July 11-Aug. 15	6:30-7:15pm	\$59/\$74

Location: Recreation Center Multi-Purpose Rooms

Min / Max: 6 / 20

Register By: July 4

"Life changing, invigorating, motivating, challenging and inspiring are words most often spoken from our clients who describe our aerobics and strength classes. I appreciate the continued opportunity to bring a safe fitness program to our clients in Grayslake and Libertyville. Come check out a class today with one of our four incredible instructors!"

- Cheri Blenniss,
Jazzercise Instructor

#PeopleofParksandRec

be stronger
than your
excuses.



Jazzercise Summer Special \$99 for Unlimited Classes through December 31, 2018

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
	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.

