



**NEW! MOM & ME ZUMBA CLASS**

**Age: 4 - 10 years with adult**

Let's dance with our little ones! This fun class is designed for moms and their little guy or girl to let loose, have fun and dance to special songs, and get a great workout all in one class. Both Moms and kids need to register. This is a contractual program. (TP)

Age:	Code:	Day:	Date:	Time:	Fee (R/NR):
Moms	670022A	Sa	Sept. 22	9:30-10:15am	\$10/\$13
4-10 yrs	670022B	Sa	Sept. 22	9:30-10:15am	\$5/\$7
Moms	670022C	Sa	Oct. 6	9:30-10:15am	\$10/\$13
4-10 yrs	670022D	Sa	Oct. 6	9:30-10:15am	\$5/\$7

**Location:** Recreation Center Multi-Purpose Rooms  
**Min / Max:** 6 / 20  
**Register By:** Sept. 15 & Sept. 29



**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. This is a contractual program. (TP)

Code:	Day:	Date:	Time:	Fee (R/NR):
670004A	W	Oct. 3- Nov. 14	6:30- 7:15pm	\$59/\$74

**Location:** Recreation Center Multi-Purpose Rooms  
**Min / Max:** 6 / 20  
**Register By:** Sept. 26

**YOU MIGHT ALSO LIKE...**

Adult Golf Lessons (p. 15), Adult Tennis Lesson (p. 55) or Martial Arts (p. 52-54).



**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. Take **unlimited classes** for the month for just \$52! Participants are asked to wear clean workout shoes and bring a water bottle to each class. This is a contractual program. (TP)

Code:	Day:	Date:	Fee:
670001A	M-Th, Sa	Sept. 1-30	\$52
670001B	M-Th, Sa	Oct. 1-31	\$52
670001C	M-Th, Sa	Nov. 1-30	\$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.

**TAI CHI FOR ALL AGES**

**Age: 8 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. This is a contractual program. (BW)

Code:	Day:	Date:	Time:	Fee (R/NR):
640024A	W	Aug. 8-Oct. 17	6:30-7:15pm	\$77/\$96

**Location:** Lions Martial Arts Studio, 401 S. Route 83  
**Min / Max:** 1 / 20  
**Register By:** Aug. 7

**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 wear loose fitting clothes and bring a water bottle, yoga mat and towel to each class. (TP)

Code:	Day:	Date:	Time:	Fee (R/NR):
670002A	Tu	Sept. 11-Oct. 16	7-8pm	\$48/\$60
670002B	Th	Sept. 13-Oct. 18	7-8pm	\$48/\$60
670002C	Tu	Oct. 30-Dec. 4	7-8pm	\$48/\$60
670002D	Th	Nov. 1-Dec. 13	7-8pm	\$48/\$60
(No Class: Nov. 22)				

**Location:** Recreation Center Multi-Purpose Room UL  
**Min / Max:** 6 / 20  
**Register By:** One week prior

**NEW! PARENT/CHILD PILATES CLASS**

**Age: 4 - 12 years with adult**

The cutest class to get in shape while bonding and connecting with your child. Share healthy habits during a unique exercise routine designed for the whole family. Class will involve Pilates suitable for the expanding age ranges to build strength, muscle tone, coordination, flexibility and improve posture and self-awareness. (TP)

Age:	Code:	Day:	Date:	Time:	Fee (R/NR):
Parents	670033A	F	Sept. 28	5:15-6:15pm	\$10/\$13
4-12 yrs	670033A	F	Sept. 28	5:15-6:15pm	\$5/\$7

**Location:** Recreation Center Multi-Purpose Rooms  
**Min / Max:** 8 / 20  
**Register By:** Sept. 21

**NEW! GIRLS' NIGHT OUT PILATES CLASS**

**Age: 16 years & up**

Time for a girl's night out! Enjoy working out with your girlfriends in this fun Pilates class. (TP)

Code:	Day:	Date:	Time:	Fee (R/NR):
670034A	F	Oct. 12	6-7pm	\$10/\$13
670034B	F	Dec. 7	6-7pm	\$10/\$13

**Location:** Recreation Center Multi-Purpose Rooms  
**Min / Max:** 8 / 20  
**Register By:** Oct. 5 & Nov. 30

**IF YOU LIKE YOGA...**

There are even more classes to love! Flip to page 26 for Parent/Child Yoga and Mother/Daughter Yoga classes.



**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:
670005A	Tu	Aug. 28-Oct. 2	9:30-10:30am	\$60
670005B	W	Aug. 29-Oct. 3	9:30-10:30am	\$60
670005C	W	Aug. 29-Oct. 3	7:15-8:15pm	\$60
670005D	Th	Aug. 30-Oct. 4	12-1pm	\$60
670005E	Sa	Sept. 1-Oct. 6	9-10am	\$60
670005F	Tu	Oct. 9-Nov. 13	9:30-10:30am	\$60
670005G	W	Oct. 10-Nov. 14	9:30-10:30am	\$60
670005H	W	Oct. 10-Nov. 14	7:15-8:15pm	\$60
670005I	Th	Oct. 11-Nov. 15	12-1pm	\$60
670005J	Sa	Oct. 13-Nov. 17	9-10am	\$60

**Location:** Yoga Balance  
 997 N. Corporate Circle, Suite B  
**Min / Max:** 4 / 10  
**Register By:** One week prior

**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](http://www.glpd.com/open-gyms).





**Take back your schedule and work in your “me” time with this Jazzercise fall special!**  
**Start for just \$10 from Sept. 1-30, 2018**

Register for the Fall Special starting Sept. 1 at: <http://bit.ly/FallJazzerciseSpecial>.

You don't have to wait for the special - come to class 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](mailto: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.

