

## YOGA

### Age: 16 years & up

Yoga is for everyone! Yoga is a fun and easy way to build strength in your body. Benefits include increased flexibility and improved balance. Yoga can also help to manage stress and relieve anxiety. Classes are structured to pair the practice of yoga postures and breathing, conveying peace to the mind and body. No experience is necessary. We offer classes starting at a beginner level with options for those already practicing. Yoga Balance serves to guide you on your journey to finding/maintaining balance in your life. Please bring a water bottle and dress comfortably. This is a contractual program. (TP)

Code:	Day:	Date:	Time:	Fee:
770005A	Tu	Jan. 8-Feb. 12	9:30-10:30am	\$60
770005B	Tu	Jan. 8-Feb. 12	5:30-6:30pm	\$60
770005C	W	Jan. 9-Feb. 13	9:30-10:30am	\$60
770005D	Th	Jan. 10-Feb. 14	12-1pm	\$60
770005E	F	Jan. 11-Feb. 15	9:30-10:30am	\$60
770005F	Sa	Jan. 12-Feb. 16	9-10am	\$60
770005G	Tu	Feb. 19-Apr. 2 (No class: Mar. 26)	9:30-10:30am	\$60
770005H	Tu	Feb. 19-Apr. 2 (No class: Mar. 26)	5:30-6:30pm	\$60
770005I	W	Feb. 20-Apr. 3 (No class: Mar. 27)	9:30-10:30am	\$60
770005J	Th	Feb. 21-Apr. 4 (No class: Mar. 28)	12-1pm	\$60
770005K	Sa	Feb. 23-Apr. 6 (No class: Mar. 30)	9-10am	\$60

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

## NEW! BACK TO BASICS: THE ESSENTIAL STRENGTH TRAINING PROGRAM

### Age: 12 years & up

A 6-week fundamental strength training program focusing on key movement patterns for fitness enhancement and everyday life. This class will focus on safety with correct technique and smart programming to increase strength and performance, and prevent injury. This is a contractual program. (TP)

Code:	Day:	Date:	Time:	Fee:
770035A	M, F	Jan. 7-Feb. 15	6-7am	\$112
770035B	M, F	Feb. 25-Apr. 12 (No class: Mar. 25, Mar. 29)	6-7am	\$112

**Location:** Grayslake Rehabilitation, 997 N Corporate Cir  
**Min / Max:** 5 / 15  
**Register By:** Jan. 3 & Feb. 18

## 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):
770002A	Tu	Jan. 8-Feb. 12	8-8:50am	\$48/\$60
770002B	Tu	Jan. 8-Feb. 12	7-7:50pm	\$48/\$60
770002C	Th	Jan. 10-Feb. 14	8-8:50am	\$48/\$60
770002D	Th	Jan. 10-Feb. 14	7-7:50pm	\$48/\$60
770002E	Tu	Feb. 26-Apr. 9 (No class: Mar. 26)	8-8:50am	\$48/\$60
770002F	Tu	Feb. 26-Apr. 9 (No class: Mar. 26)	7-7:50pm	\$48/\$60
770002G	Th	Feb. 28-Apr. 11 (No class: Mar. 28)	8-8:50am	\$48/\$60
770002H	Th	Feb. 28-Apr. 11 (No class: Mar. 28)	7-7:50pm	\$48/\$60

**Location:** Recreation Center Multi-Purpose Room A (8am) and Upper Level Multi-Purpose Room (7pm)  
**Min / Max:** 8 / 12  
**Register By:** One week prior

## NEW! ENDLESS POOL WORKOUT PASS

### Age: 18 years & up

Come and enjoy Grayslake Rehabilitation's heated aqua therapy pool with a 4-week unlimited visits pool pass. The endless pool is a great form of exercise whether you swim, use an underwater treadmill or use equipment for resistance work in the water. The 4-week pass allows you unlimited visits for 30 minute sessions, Monday through Friday. Reservations are required, so call to reserve time in advance: (847) 223-8001. This is a contractual program. (TP)

Code:	Day:	Date:	Time:	Fee:
770036A	M-F	Jan. 2-Jan. 31	Varies	\$125
770036B	M-F	Feb. 1-Feb. 28	Varies	\$125

**Location:** Grayslake Rehabilitation, 997 N Corporate Cir  
**Min / Max:** 1 / 15  
**Register By:** Dec. 31 & Jan. 31



# \$99 for 3 months of unlimited classes

## JAZZERCISE IS 50 YEARS STRONG!

To celebrate our golden anniversary, we are unleashing our best offer: take unlimited classes January through March 2019 for just \$99.

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 held at the Grayslake Park District Recreation Center, unless otherwise indicated

\* = 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.



## NEW! PWR!4LIFE PARKINSON'S WELLNESS RECOVERY

**Age: 18 years & up**

PWR Moves is a research-based, integrated exercise and wellness program that counteract the inactivity, motor deterioration, and symptoms of Parkinson's Disease. PWR Moves was developed by Dr. Becky Farley, a leading researcher and instructor in exercise for Parkinson's Disease. The program includes building blocks of fundamental motions, performed with high effort and attention to technique, designed to target symptoms of Parkinson's Disease. (TP)

Code:	Day:	Date:	Time:	Fee (R/NR):
770023A	Tu	Jan. 15-Feb. 19	10-10:45am	\$48/\$60

**Location:** Recreation Center Multi-Purpose Room A  
**Min / Max:** 8 / 12  
**Register By:** Jan. 8



## FREE! GO GRAYSLAKE WALKING CLUB

**Age: Active Adults, 50 years & up**

Come get your steps in at our FREE Walking Club for Active Adults! The Recreation Center Gym is open for walking during designated times a few days a week from November through March. Check out the Open Gym Calendar for dates and times: [www.glpd.com/open-gyms](http://www.glpd.com/open-gyms).

**GO** Grayslake is a new community movement designed to increase community health and wellness by promoting the simple act of walking. The health benefits of walking 30 minutes a day are significant, from strengthening bones and muscles to helping manage heart disease.

Join us at the **GO** Grayslake Walking Club to walk your way to better health! For more information on **GO** Grayslake, visit: [www.glpd.com/go-grayslake](http://www.glpd.com/go-grayslake).

### 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).

## NEW! BALANCE & STRENGTH FOR ACTIVE ADULTS

**Age: 55 years & up**

All levels welcome! This class will focus on exercises to help improve balance, build strength, and improve flexibility. Majority of the class is standing, but chairs are available. Please bring a water bottle to each class. (TP)

Code:	Day:	Date:	Time:	Fee (R/NR):
770038A	Th	Jan. 17-Feb. 21	10-10:45am	\$48/\$60

**Location:** Recreation Center Multi-Purpose Room A  
**Min / Max:** 8 / 12  
**Register By:** Jan. 10

## NEW! WATER FIT FOR ACTIVE ADULTS

**Age: 50 years & up**

Water Fit is a class designed for the active adult who would like a low impact workout in a heated endless pool. Class is designed to target muscular endurance by using functional movement patterns in the water. Participants will gain muscle and increase joint mobility, and leave feeling refreshed rather than fatigued. This is a contractual program. (TP)

Code:	Day:	Date:	Time:	Fee:
770039A	Tu, F	Jan. 8-Feb. 15	12:30-1:30pm	\$125

**Location:** Grayslake Rehabilitation  
 997 N Corporate Circle  
**Min / Max:** 3 / 5  
**Register By:** Jan. 1



**Walk your way to better health!**

