



# GLENCOE FITNESS

OPENING AT THE TAKIFF CENTER DECEMBER 30

Glencoe Fitness is coming to the Takiff Center! Our new workout facility will have 13 pieces of Precor cardio equipment and 6 strength machines. Free weights, dumbbells, kettle bells, and medicine balls will also be available for self-guided fitness enthusiasts.

Our inviting, unintimidating, and pristine fitness area meets all your training needs in a compact environment. You can even track your progress with our state-of-the-art Preva cloud-based fitness app.

Childcare, personal training, and group fitness classes will also be offered for an additional fee.

Get in on the ground floor of fitness at the Glencoe Park District by becoming a member TODAY! Discounted memberships are available now with no initiation fee!



**READY TO JOIN?**  
 Visit the Takiff Center for a membership application and a personalized tour!



| MEMBERSHIP TYPE  | MEMBERSHIP LENGTH   | GLENCOE RESIDENT | NON-RESIDENT   |
|--|---|------------------|----------------|
| INDIVIDUAL   | 1-YEAR MEMBERSHIP   | \$350            | \$525          |
|  | 6-MONTH MEMBERSHIP  | \$270            | \$405          |
|  | PAY-PER-MONTH MEMBERSHIP<br>(1 YEAR COMMITMENT REQUIRED FOR FIRST YEAR)                             | \$40 PER MONTH   | \$60 PER MONTH |
| ADDITIONAL FAMILY MEMBER<br><small>Family members must reside in the same household to purchase a family pass.</small> | 1-YEAR MEMBERSHIP (EACH ADDITIONAL FAMILY MEMBER)   | \$300            | \$450          |
|  | 6-MONTH MEMBERSHIP (EACH ADDITIONAL FAMILY MEMBER)  | \$250            | \$375          |
|  | PAY-PER-MONTH MEMBERSHIP (EACH ADDITIONAL FAMILY MEMBER; 1 YEAR COMMITMENT REQUIRED FOR FIRST YEAR) | \$35 PER MONTH   | \$53 PER MONTH |
| SENIOR/<br>STUDENT<br><small>Students: Age 14-22*<br/>Seniors: Age 65+*<br/>*ID required.</small>                      | 1-YEAR MEMBERSHIP   | \$215            | \$525          |
|  | PAY-PER-MONTH SENIOR/STUDENT<br>(1 YEAR COMMITMENT REQUIRED FOR FIRST YEAR)                         | \$25             | \$60           |
|  | WINTER BREAK STUDENT MEMBERSHIP   | \$35             | \$53           |
| DROP-IN  | DAILY FEE   | \$10             | \$15           |

**GET A FREE T-SHIRT**  
 WHEN YOU JOIN US DECEMBER 30 FOR THE GRAND  
 OPENING CELEBRATION (9 AM-NOON)

**\$0 INITIATION FEE**  
 The \$125 initiation fee will be waived if you join before January 31, 2018!



**STRETCH IT OUT**

- Stretch Trainer
- Medicine Balls
- Free Weights
- Fitness Balls
- Stretching Mats



**HOURS OF OPERATION**  
Starting January 2, 2018

**5:30 AM-9 PM**  
Monday-Friday

**7 AM-5 PM**  
Saturday & Sunday

**WORK IT OUT**

- 2 NuSteps
- 1 Functional Strength Trainer (use for variety of resistance exercises)



**PEDAL POWER**

- 2 Spin Bikes
- 1 Upright Bike
- 1 Recumbent Bike

**LET'S LIFT**

- 1 Rack of dumbbells (up to 50 lbs)
- 1 Smith Machine (use bars/plates for weighted for a total body workout)



**CARDIO CENTER**

- 4 Precor Treadmills
- 2 Precor Ellipticals
- 1 Adaptive Motion Trainer (AMT)

**WEIGHT MACHINES**

- 1 Multi-press (works chest, arms, and shoulders)
- 1 Leg Press/Calf Extension (works quadriceps, glutes, and lower legs)
- 1 Leg Extension/Curl (works quadriceps, calves, and hamstrings)
- 1 Bicep Curl/Triceps Extension: Works wrists, biceps, triceps, lats, and forearms

**CHILDCARE AVAILABLE!**

Purchase a 10-pass punch card (\$60) or pay the daily rate (\$9) for childcare, which will be open weekdays from 9 AM to 12 PM. For more information, visit [www.glencoe parkdistrict.com](http://www.glencoe parkdistrict.com)

# ADULT FITNESS



## INTO GROUP FITNESS CLASSES

Start your fitness routine today or add in a new class to spice up your regular workout! All classes take place in the Takiff Center, unless otherwise stated. It is recommended that students bring their own mat to all yoga classes for hygienic purposes.

### CHAIR YOGA WITH ALISON

Stretch, breathe, improve your balance and stamina, and feel more alive in your body! In this gentle yoga class, we will explore yoga postures using a chair for support. Students will be shown how to do each pose safely and effectively, with modifications if necessary. This is a great way to enjoy the benefits of yoga without having to get up and down from the floor.

### HATHA YOGA WITH ALISON

Increase your strength, stamina, and flexibility. Classes teach the basic yoga poses, which are adapted to your skill level.

### JAZZ DANCE WITH JULIE KAPLAN

Enjoy great music and dance combinations in this choreographed class. Recommended for dancers with modern, jazz or ballet experience. Abs and core work are included.

### MOVING WITH WEIGHTS WITH MARIANNE

This low-impact progressive cardio and weights program strengthens, improves muscle tone, and increases bone density. You will burn calories while increasing your upper and lower body strength.

### BALANCE BOARD YOGA

This class is a fun, challenging yet accessible Vinyasa style class. Practice a straight forward, well rounded flow that incorporates use of balance boards. Learn to move from the center of the body to strengthen your core. Find better balance, greater range of movement and get ready for stand up paddle this summer at Glencoe Beach! Class size is limited - early arrival is recommended.

### BEGINNER SERIES WITH REACH YOGA

The Yoga Beginner Series is geared to those who have never (or barely) tried yoga. For four weeks, you and a group of other new students will learn basic poses and sequences, along with information about the benefits of yoga for you.

### ROW & GO BOOT CAMP WITH SANDY

Our high-energy circuit training class uses rowing machines and a unique format for a full-body workout. First time rowing? No worries, we will teach you proper form! No class: November 23 & 26.

### ROW & GO INTERVAL TRAINING

WITH SANDY

Instructors will combine rowing intervals with dynamic sculpting exercises for the perfect balance of cardio and strength training.

### NEW! ROWGA BOOT CAMP

This unique class starts with intense rowing intervals and ends with relaxing yoga! Short on time? Just come to the first or second half. For those with more time and an adventurous spirit, stay for both sessions. No experience in either discipline necessary.

### NEW! DROP-IN PICKLE BALL

10 AM-12 PM | MONDAYS & WEDNESDAYS  
TAKIFF CENTER GYM | AGES 18+ | \$5/6 R/NR

Challenge your friends to a friendly game of pickle ball!

| CLASS                      | AGE | DAY | DATES     | TIME          | LOCATION      | R/NR FEE  | ACTIVITY  |
|----------------------------|-----|-----|-----------|---------------|---------------|-----------|-----------|
| ROWGA                      | 15+ | TU  | 1/9-3/20  | 9:45-11:15 AM | TAKIFF CENTER | \$176/198 | 317604-01 |
| ROW & GO BOOT CAMP         | 15+ | TH  | 1/11-3/22 | 7:15-8:15 AM  | TAKIFF CENTER | \$176/198 | 317604-02 |
| YOGA BEGINNER SERIES       | 18+ | TH  | 1/11-2/1  | 1-2:15 PM     | TAKIFF CENTER | \$56/56   | 317606-01 |
| ROW & GO INTERVAL TRAINING | 15+ | SU  | 1/14-3/18 | 8:15-9:15 AM  | TAKIFF CENTER | \$160/180 | 317604-03 |

PLEASE VISIT [WWW.GLENCOEPARKDISTRICT.COM](http://WWW.GLENCOEPARKDISTRICT.COM) FOR THE CURRENT FITNESS CLASS SCHEDULE

## FITNESS PUNCH CARD

To join a class, you may register for a class or purchase a Fitness Punch Card. Fitness Punch Cards must be purchased in person before your first class. You may use a Fitness Punch Card or pay the daily drop-in fee (\$20).

- You must register for a Fitness Punch Card and sign a waiver.
- Punch cards expire five months from date of purchase.
- Students who do not own a Fitness Punch Card must pay a drop-in fee and sign a waiver prior to class, each time they attend.
- Fitness Punch Cards are non-refundable and non-transferable.
- A photo will be taken for newcomers.

Fitness punch cards can now be renewed online. Classes are subject to cancellation. Times and instructors are subject to change based on enrollment. Senior is age 65 and older. Students must register in person at the Takiff Center with a valid photo ID. Drop-in fees must be paid prior to attending class.

| OPTIONS  | R/NR FEE  | SENIOR R/NR FEE |
|----------|-----------|-----------------|
| 10 punch | \$165/180 | \$148/163       |
| 20 punch | \$276/302 | \$250/274       |
| 30 punch | \$345/379 | \$305/345       |
| 6 months | \$660/726 | \$592/654       |

**DROP IN FEE:** \$20/class  
(Waiver must accompany fee)

**GLENCOE FITNESS MEMBERS GET A 20% DISCOUNT ON FITNESS PUNCH CARDS!**

# plug INTO YOUTH FITNESS

## YOUTH ROWING

Put the iPad down and get into a fun and innovative youth rowing class. Whether you see a future on the crew team or you are just looking for a fun and challenging way to stay active, this class is for you. Instructors will focus on individual attention and proper form to ensure safety as well as enjoyment and exercise.

## KIDS YOGA WITH HELEN'S PERFORMING ARTS CO. 🧘

Your child will love to stretch, relax and meditate as he/she learns basic yoga poses. Through fun animal poses and movements, children will work on breathing and balance, and become body aware through games and yoga activities! Class time includes a healthy parent-provided snack. Instructor will pick up children from South and walk to class. **NO CLASS:** February 16



| CLASS        | AGE/ GRADE | DAY | DATES     | TIME      | LOCATION      | R/NR FEE  | ACTIVITY  |
|--------------|------------|-----|-----------|-----------|---------------|-----------|-----------|
| YOUTH ROWING | AGES 10-13 | W   | 1/10-3/21 | 4-4:45 PM | TAKIFF CENTER | \$198/218 | 317609-02 |
| TEEN ROWING  | AGES 13-17 | TH  | 1/10-3/21 | 5-6 PM    | TAKIFF CENTER | \$198/218 | 317609-01 |
| KIDS YOGA    | GRADES K-2 | F   | 1/12-3/23 | 3-4:15 PM | SOUTH SCHOOL  | \$258/284 | 312301-01 |