

Weekly Fitness Classes

Registration for Adult Drills is on a week-to-week basis. Come once, come twice, come as often as you would like!

Sign-up required.

See the front desk or call:
847.295.1322

Members	\$20
Non-Members	\$30
Member Package	10 for \$180
<i>A Savings of \$20!</i>	
<i>Tennis Packages may be used for any tennis drill.</i>	

Day	Class	Time
Monday	Boot Camp	6-7am
	Fit 4 Life	11am-Noon
Tuesday	Fit 4 Life	11am-Noon
	Evening Fitness	6-7pm
Wednesday	Boot Camp	6-7am
	Fit 4 Life	11am-Noon
Thursday	Fit 4 Life	11am-Noon
	Evening Fitness	6-7pm
Saturday	Boot Camp	7-8am

Class Descriptions

Boot Camp

This class will tone and strengthen your body, increase your cardiovascular fitness and leave you feeling invigorated. Don't be intimidated, this class is for all levels of fitness!

Fit 4 Life

Fitness isn't just for a moment, it's for your entire life!
Fit 4 Life is a class designed to prepare you for your physical future. Utilizing a variety of weights, stretches and physical exercises this class aims to prepare your body for playing sports (like tennis), improve your physical fitness overall and help you prevent injury.

Evening Fitness

If you're tired of just sitting while your child plays tennis or you want a great workout after work, come to **Evening Fitness** and experience a class tailored to your needs. Trainer Jan Schiedel brings unique exercises, tools and knowledge to you and builds a class designed to give you the workout you want in ways you could have never imagined.

The Tools

Tabata Training

Our trainer Jan Schiedel structures many of these classes around the studies of Izumi Tabata. This is a type of high intensity training that focuses on giving you a short, yet highly effective work out. This style works both your aerobic and non-aerobic systems simultaneously so that you exercise efficiently and effectively.

TRX Suspension Trainer

The TRX Suspension Trainer is the original, best-in-class workout system that utilizes gravity and your bodyweight to perform hundreds of exercises. It's simple, yet amazingly effective!



Other Unique Tools

Trainer, Jan Schiedel, has a treasure trove of tools designed to make your workouts effective and fun. She has in her arsenal: Kettle bells, free-weights, Viplr, med balls, stability balls, Dynamax balls, weight bars, Battling rope, Plyo-boxes, aerobic steps, ab-sling, weight vests, foam rollers, chin-up bar, resistance bands and more.