

Sullivan Community Center **FITNESS CENTER**



FITNESS CENTER HOURS
Mon. - Fri.5:30 am-9:00pm
Saturday 7:00 am-5:00pm
Sunday9:00 am-5:00pm

Aerobics & Open Gym Daily Pass

	Res	NR
Adult	\$5	\$7.50
Youth	\$4	\$6
Senior	\$2.50	\$3.75

Fitness Center Daily Pass

	Res	NR
All ages	\$7.00	\$10.50

Punch Passes

- Only one punch per class/open gym
- Daily fees may be paid by cash or credit card
- 10 & 20-Visit Punch Passes are non-refundable and cannot be replaced if lost or stolen.

10-Visit Punch Pass

	Res	NR
Adult	\$45	\$55
Youth	\$36	\$45
Senior	\$23	\$30

20-Visit Punch Pass

	Res	NR
Adult	\$80	\$99
Youth	\$64	\$78
Senior	\$40	\$50

Join our Fitness Center and work out at your own pace. Our members appreciate a low key atmosphere, with showers and locker rooms that are never crowded plus televisions! No waiting for strength training machines or treadmills means an uninterrupted and focused workout. We also offer personal training for individual fitness programs.

Membership Rates	Resident	Non-Res
Adults (19-61)	\$279	\$329
Youth (14-18)	\$209	\$249
Senior citizen (62+)	\$149	\$179
Each addl family member (with the purchase of adult pass)	\$149	\$179

Annual Membership includes:

- Unlimited use of fitness center
- Free use of gymnasium during open gym periods
- Unlimited Aerobics classes (listed on page 49)
- Discounted rate for annual Loop the Lakes 5K Run
- Free 2-part consultation with our fitness supervisor
- Annual passes are non-refundable.
- Lost or stolen annual passes can be replaced for a \$5 fee.
- The Park District defines a family member as a spouse and any unmarried children under 22 years of age living at home.
- Dependents 22 years of age and older, nannies, live-in baby-sitters, other relatives or individuals living in the same household, are not eligible for the additional member rate.

Not a fitness member yet?
 Sign up for a free one-week trial membership!

Strength & Weight-training Equipment

- 13 variable resistant weight machines
- Dumbbells (3 - 100 lbs.)
- Free weights and benches
- Smith Machine
- Power rack
- Cable crossover machine



Cardiovascular Room

- 2 Precor AMT
- Electronic treadmills
- Elliptical cross-trainers
- Upright exercise bicycles
- Recumbent exercise bicycles
- Televisions



Recharge. Renew. Refuel.

Winter Break Fitness Pass

Great for visiting college students, relatives or use it as a trial membership! Check out our Fitness Center equipment, cardio and aerobics classes, or shoot some hoops for **only \$50!**

The Winter Break Fitness Pass is valid from
 December 5, 2011 - January 8, 2012
 Ages: Adult, 19 years & older
 Sullivan Community Center
 R/NR Fee: \$50/\$63

Membership Special *Commit to Get Fit*

Now is the time to get started on your New Year's resolution!

Purchase a new annual membership by January 31, 2012 and save 10% off your first year's rate!

Ages: 19 years & older
 Sullivan Community Center
 R/NR Fee: \$251/\$296
 (discount already applied)

Fitness Center

Fitness Center Orientation

Adult Orientation

Annual Fitness Center members and 20-visit Punch Pass holders receive equipment orientation and a free consultation with a personal trainer. During orientation, you will learn how to use the equipment in our Fitness Center safely and properly.

Schedule your free one-on-one personal training consultation (conducted in two one-hour sessions) by calling Jay at (847)996-6807 or ask the Front Desk staff. More information about personal training can be found on page 34.

14 & 15 Year Old Orientation

In order to ensure a safe and productive exercise environment for all our guests, we require 14 & 15 year old teens to attend a free one-hour orientation session before using the Fitness Center for the first time. Upon completion, teens will receive a card certifying that they have completed the orientation session. They must carry this card with them when using cardiovascular equipment, variable resistance machines and free weights. Orientation sessions are scheduled in advance through the Front Desk. Teens must bring a copy of their birth certificate to schedule their orientation session

Aerobic Classes are offered six days a week! All classes listed below are FREE to annual Fitness Center members!

Aerobic Interval Hi/Low & Resistance Intervals are featured. Step may be included occasionally. All fitness levels are welcome. Abdominals are included.

Cardio Mix Cardiovascular and toning workout featuring a variety of easy-to-follow aerobics that can be modified to your own level. Tone, strengthen and stretch muscles while decreasing stress & increasing energy!

Muscle Flex/Tone Cardio training with an emphasis on flexibility and muscle strengthening.

Pilates Introductory class especially designed to increase flexibility and tone the entire body.

Senior Fitness Low impact strengthening, balance and flexibility exercises for adults, aged 62 & older. Optional seating available.

Step 60-minute cardiovascular workout using the step. Instructors will demonstrate multiple levels of intensity to accommodate all fitness levels. Class includes an abdominal segment.

Zumba Fun dance workout inspired by the rhythm of Latin.

Class Schedule

	Mon	Tues	Wed	Thurs	Fri	Sat
6:00-7:00a	Cardio Mix		CardioMix		Cardio Mix	
7:15-8:00a						Zumba
8:00-9:00a		Senior Fitness		Senior Fitness		Aerobic Interval
9:00-10:00a	Step	Zumba	Muscle F/T	Pilates 9:00-9:45	Step	
10:00-11:00a	Muscle F/T		Step	Zumba 9:45-10:30	Muscle F/T	
6:00-6:55p	Zumba		Zumba			

Room locations will be posted at the front desk. Classes are subject to change without notice.

One-On-One Personal Training

Sign up for a consultation with a Certified Personal Trainers. They will structure an efficient, personalized workout program based on your health, physical limitations, body fat ratio, goals and diet. Additionally, they will demonstrate proper workout techniques to help you maximize your workout. If you need extra help or motivation to burn calories, increase strength and muscle tone, or to just stay healthy, make an appointment today to create a customized program just for you!

Ages: 11 years through adult

\$30/1 hour session

\$270/10 Sessions

Robin Worl

Education: Certified through ACE and NASM



Robin has been in the fitness business for over 25 years. She has taught numerous fitness classes and has been a Personal Trainer throughout her career. She has been on staff teaching with Dr. Bob Goldman and Dr. Ron Klatz. She has helped teach and educate many doctors in the fitness field. She has trained professional athletes as well as their extended family members.

Robin has a cutting edge approach to reaching goals with each and every one of the clients she has worked with. She loves motivating people to reach their highest potential.

Robin believes everyone can have a healthy lifestyle. One must just know how to train smarter, not harder.

Herman Rodek, CPT

Education: Certified through NFT, TFC, Exercise Specialist, Fitness Trainer at Total Fitness Concepts and Gajda Health-Plus Network



Passions & Fitness Philosophy: Herman has been working as a fitness trainer for nearly 15 years. After serving his apprenticeship at 41 Sports Club in Highland Park, Herman went on to train for 41 Sports Club, Solo Sessions In-Home Training, Libertyville Tennis and Fitness, and Total Fitness Concepts, Inc. Herman then started Vision's of Fitness In-home Training Company.

Herman is skilled in all facets of fitness training and exercise therapy and has been successful working with clients who have special needs.

Group Personal Training

Are you looking for a high end workout to keep you in shape in the winter months? Then join us for this challenging yet fun program that will keep you in shape and out of hibernation. This class will combine activities like push-ups, agility exercise, resistance training, and core work in a fun way that gets your heart pounding.

Ages: Adult

Code	Date	Days	Time	Fee
35711-1	1/3-1/26	T/Th	9:30-10:30a	\$80
35711-2	1/31-2/23	T/Th	9:30-10:30a	\$80
35711-3	2/28-3/22	T/Th	9:30-10:30a	\$80
35711-4	4/3-4/26	T/Th	9:30-10:30a	\$80

Fitness members receive 20% off fee

Sullivan Community Center Fitness Center
Herman Rodek, Certified Personal Trainer



Questions

Questions about Fitness?
Contact Jay Bullman,
Aquatics/Fitness Supervisor,
at 847.996.6807 or
jasonb@vhparkdistrict.org



Yoga

Re-energize your day with both energy and focus. Yoga instructor Karen Momberger will Guide you through this yoga class teaching you how to improve your strength, balance, flexibility and stamina. This class will consist

of basic yoga postures alongside breathing techniques and a sense of awareness. Please bring a yoga mat to class, and comfortable clothes for class wear.

Code	Dates	Day	Time	R/NR Fee
30256-1	1/9-2/27	M	12:30-1:30p	\$86/107

Laschen Community Center

30256-2	3/5-4/30	M	8:00-9:00a	\$86/107
	No class 3/26			

Sullivan Community Center, Dance/Aerobic Room

Karen Momberger, Registered Yoga Instructor



Hatha Yoga

This class is open to all levels from beginners to advanced students and will focus on right alignment of the yoga postures. This class will give you an introduction to diet, gestures, philosophy, breath control, subtle energy and meditation. Some of the benefits will include improving your posture, balance, flexibility, strength and stamina, and releasing stress and tension. Wear loose comfortable clothing and bring your own yoga mat. Preferably do not eat for 2 hours before class.

Ages: 12+ years

Code	Dates	Day	Time	R/NR Fee
30254-1	1/10-3/6	T	7:00-8:15p	\$120/150

Laschen Community Center, Hawthorn Melody Room
Komal Joshi, Registered Hatha Yoga Teacher

Chair Yoga

Yoga on a Chair? It's not that rare! Instructor, Vidya Nahar of VYAYAM, is a Registered Yoga Instructor (RYT) with Yoga Alliance. Chair Yoga is yoga performed while sitting on the chair, standing by the chair, or with the support of a chair or wall. Seniors, people in chair-bound jobs, travelers, and people who have limited range of motion, can all benefit from Chair Yoga. After this 8 week class, you will really notice a difference! It will make you more aware, and help you get fit while you sit. Please dress comfortably.

Ages: 18+ years

Code	Dates	Day	Time	R/NR Fee
30257-1	1/11-2/29	W	10:00-11:00a	\$96/120

Laschen Community Center, Hawthorn Melody Room
Vidya Nahar, Certified Yoga Teacher

Yoga - Pilates Fusion

Develop a strong core and mindful breath synchronized movement in this Yoga-Pilates fusion class with Vidya Nahar, ERYT. We'll combine the flow of pilates and stability of yoga poses to attain stillness in motion and equilibrium in emotion. Dress comfortable and bring your own yoga mat.

Ages: 16+ years

Code	Dates	Day	Time	R/NR Fee
30255-2	1/10-2/28	T	11:15-12:15p	\$120/150
30255-1	1/11-2/29	W	11:15-12:15p	\$120/150

Laschen Community Center, Hawthorn Melody Room
Vidya Nahar, Experienced Registered Yoga Teacher

Parent/Tot Gym

Let your kids burn off that extra energy this fall at the Sullivan Community Center. You and your child will enjoy a variety of toys including balls, big wheels, scooters, hula hoops, push toys, and small basketball hoops. Parents must supervise their children. This is a drop-in program.



Ages: 1-4 years plus parent

Dates	Days	Time	R/NR Fee
11/21-3/22	M,Th	9:00-11:00a	\$3/4
No class 11/24			

10 punch pass: \$25/35

Sullivan Center gymnasium



Weight Loss Challenge

LOSE WEIGHT AND KEEP IT OFF!
Join Vernon Hills very own Weight Loss Challenge!

This 12-week program provides:

- Proper nutrition coaching
- Meal Replacement options
- Encouragement to exercise
- Group support
- Body composition and personal wellness evaluation

The goal is to have participants living healthy with vigor and vitality for the rest of their lives. Each week participants weigh in and consult with a coach. Various meal replacement options will be offered to help reach your ideal weight and body composition. The program encourages participants to eat a healthy level of protein and calories each day and teaches the benefits of good nutrition. Topics include protein, carbohydrates, digestion vitamins, dining out, exercise and more.

Because of all the helpful information, attendance at the weekly meeting is a KEY factor in achieving success. Meetings, including weigh-ins, last approximately one hour.

Internet access is very important. It enables you to receive homework and communications throughout the weeks ahead. Each person will receive a private coaching session which includes a body analysis. The average weight loss is 19 pounds and over 10 inches. Winnings depend on the number of participants and can range from \$100 - \$600. Specific rules are in place to keep everyone consistent. Prize money will be paid out by check after week 12.

Ages: 18+ years (unless accompanied by an adult)

Code	Dates	Day	Time	R/NR Fee
35611-1	1/10-3/20	T	7:00-8:00p	\$50/63
No class 2/14				

Laschen Community Center, Deerpath Room
Julie Wellisch – Personal Wellness Coach
Questions? Call 847-345-9073

