



Located inside Prairie View Community Center
 6834 Dempster St. (corner of Dempster and Waukegan Rd)
 Morton Grove, IL 60053
 (847) 965-1200

Memberships

Choose the membership plan that fits your life. All memberships are year-to date. Monthly payment plans available!

Day Timers/High School/College

Membership valid from 5:30am-3:30pm weekdays and anytime Sat/Sun

Residents \$201/Non-Residents \$271

Individual

Age 14 (or high school freshman) and over

Residents \$259/Non-Residents \$350

Family

"Family" is parents and unmarried children under 21 residing at the same address.

Of 2 Residents	\$392
Of 3 Residents	\$465
Each Add'l.	\$50
Of 2 Non-Residents	\$529
Of 3 Non-Residents	\$628
Each Add'l.	\$68

Senior Adults

Ages 62 and over

Residents \$201/Non-Residents \$271

Family of 2 Resident Seniors \$299

Family of 2 Non-Resident Seniors \$404

Corporate*

Morton Grove Businesses

\$201 daytimer/\$259 anytime

*Resident business refers to businesses in Morton Grove only.

Short-Term Options

3 months

Residents \$79.95/Non-Residents \$108

1 month

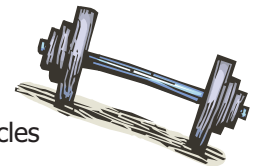
Residents \$34.95/Non-Residents \$48

Daily Fitness Pass

Residents \$8/Non-Residents \$10

Fully Equipped

- Full Circuit of: Paramount XL Line
- Iron Grip Free Weights
- TKO Dumbbells (5-100 lbs.)
- Precor/Life Fitness Elliptical Trainers
- Alternative Motion Trainer
- Recumbent Bicycles
- Nusteps
- Upright Bicycles
- Schwinn Airdyne Bicycles
- Precor Treadmills
- Rowing Machines



Annual Memberships Include:

- Free Personalized Orientation
- Free Open Gym Basketball. We provide the basketballs!
- Free Lockers, Locks and Shower Facilities
- Free Guest Pass for a friend or family member to try out our health club.
- On Site Kid's Center Playcare
- Free Dry Heat Sauna and Spa Pool



Membership Card

Upon joining Club Fitness, all members will be issued a membership card. Guests will be asked to present a photo ID card when entering Club Fitness.

Who pays "Resident Fees" for Club Fitness Memberships? Anyone residing in Morton Grove, Niles and/or Skokie.

Hours of Operation

Monday-Thursday.....5:30am - 10pm
 Friday.....5:30am - 9pm
 Sat/Sun.....7am - 7pm

Note: Closed Memorial Day, July 4, Labor Day, Thanksgiving Day, & Christmas Day.

Shortened hours on Easter, Christmas Eve, New Year's Eve & New Year's Day.

Club Fitness Holiday Hours

Labor Day - Closed Monday, September 6

Convenient Services

Club Fitness memberships and program registration taken 7 days a week!

Member Referral Program

Refer a friend or family member to Club Fitness to try our club out.

If your friend then decides to purchase a one year membership you will receive a one month extension on your membership for free. Options available for current and new Club Fitness members. Call Club Fitness for more details.

Personal Training

Want personal attention? Our individual personal training sessions will customize your workouts to fit your personality and lifestyle.

- 1 session \$55
- 2 sessions \$110
- 3 sessions \$159
- 4 sessions \$202
- 5 sessions \$235
- 6 sessions \$270

Purchase a "6 PACK" of personal training sessions and receive the 7th for FREE!

Note: Cancellation Policy - all appointment must be cancelled 24 hours prior or clients will be charged the full price.

Fitness Class Options
The Morton Grove Park District has several different options to choose from for participating in many of our fitness classes listed on pages 12-15.

Option 1: Multiple Class Discount

Register for 2 fitness classes and receive a 10% discount. Register for 3 and receive a 15% discount.

Option 2: Walk-in Fees: \$10 per class

This option is ideal for the person who would just like to try out a fitness class.

Option 3: Fitness Punch Card - \$60

Great option for those whose schedule requires flexibility. This punch card offers residents and non-residents the convenience of paying one time for six visits. Some exclusions apply. **This card may only be purchased at Prairie View Community Center. Punch cards are nontransferable and expire one year from the date of purchase.**

Option 4: Fitness Upgrade - \$100

For an additional \$100 you may upgrade your annual fitness membership to include unlimited complimentary fitness classes. Note: This fee is per person and must be paid for when purchasing or renewing your annual membership. Some exclusions apply.

NEW!

Option 5: Fitness Stimulus Package-\$259*

Newly created membership for our fitness class enthusiasts. Stimulate your fitness class experience, no need to register for classes, no punch cards. You decide what class and when. For an annual fee of \$259 (per individual) you can attend unlimited fitness classes. Some exclusions apply.

***Upgrade for \$100 to include the Fitness Club.**

Note: For Options 2-5 check-in with the Customer Service Desk before attending your class.

Monthly Fitness Specials

Club Fitness has a special running every month.

Please call 847-965-1200 and speak to one our friendly customer service representatives to find out more details

Abs and Stretch

An alignment class that will focus on two very important components of fitness: core strength and flexibility. We will work on abs, core strength and overall stretching.

Age: 16+ Yrs



Ball & Balance

This is a new fun class utilizing the stability ball, weights and bands for strength and toning. The class includes standing core work with a focus on balance, perception, agility and coordination. Class is suitable for all ages and levels.

Age: ALL

Body Blast

This class is designed for the beginner to advanced. We will work on toning all muscle groups using balls, free weights and exercise tubing. We will begin class with a warm up and end with a cool down. A great overall body workout.

Age: 16+ Yrs

Boot Camp

This class will consist of a combination of strength and cardio exercise that will improve your strength and increase your flexibility. We will integrate body weight exercises such as pushups, squats and other strength builders.

Age: 16+ Yrs

Cycle 101

Nothing beats an indoor cycling class for a low impact fitness workout. You set the intensity level by controlling the resistance - all fitness levels can succeed. Challenge yourself with something completely different - you won't be disappointed.*Each instructor brings something of their own into class, but all will provide warm-up, cardio workout and cool-down.

Age: 16+ Yrs

Note: Walk-ins may call for space availability prior to start of class.



Cycle Yoga

Challenge your body with an hour of indoor cycle for an intense workout. Then follow it up with mind/body challenge with a half hour of yoga. This class is guaranteed to leave you feeling refreshed and energized!

Note: Walk-ins may call for space availability prior to start of class.

Age: 16+ Yrs



Cycle Sport

This class combines two components of a complete workout, a high energy cardio workout and strength and body toning component. The workout is completed through interval cycling and strength or sport related movement.

Note: Walk-ins may call for space availability prior to start of class.

Age: 16+ Yrs

Exercise with a Purpose

Do you suffer from aches and pains? Do you have osteoarthritis or fibromyalgia? This class will focus on helping diminish the symptoms of chronic pain in the muscles, fatigue, sleep problems and painful tender joints through exercise. This class is certified through the Arthritis Foundation of America.

Age: 16+ Yrs

Gentle Moves - First Step

Studies show that exercise for individuals whose health has been challenged by obesity, Type II diabetes, COPD, arthritis, high blood pressure or other factors is beneficial. This class helps you take the FIRST STEP to begin an exercise program. Gentle movements are utilized to improve your health and quality of life.

Age: 18+ Yrs

Gentle Yoga

This yoga class is perfect for beginners, seniors, and post partum new moms who want to reap the benefits of a strong healthy body and mind. Bring a pillow and a towel.

Age: 16+ Yrs

Kick Boxing

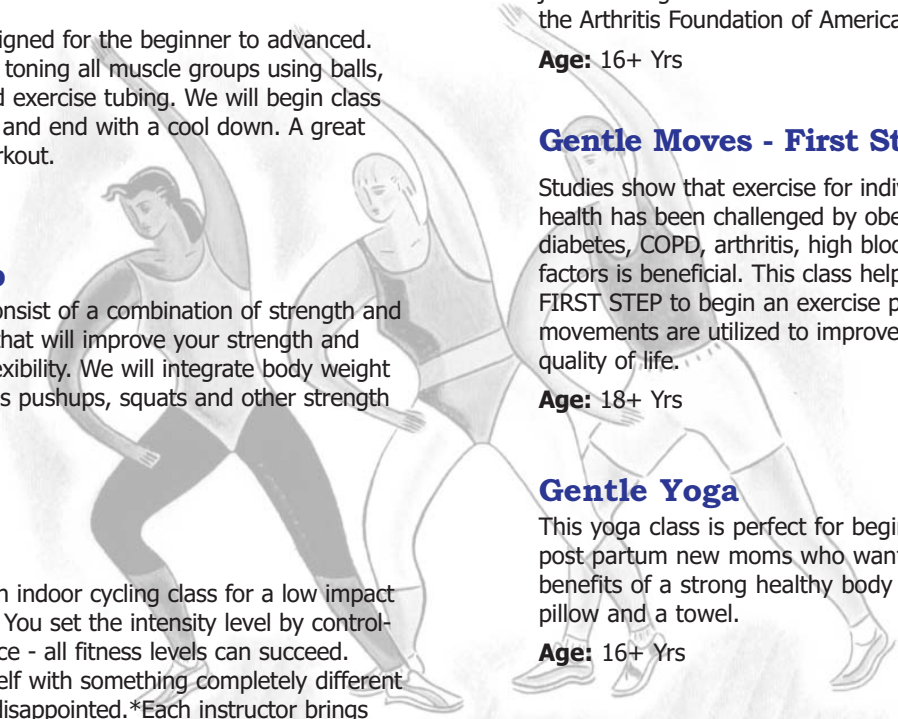
This class combines the basics of punching, kicking and boxing movements into challenging exercise routines. You will get a complete muscular and cardiovascular workout without the risk of injury. This is a non-contact program.

Age: 16+ Yrs

Line Dancing

Come out and enjoy the fun with a great work out! Learn the newest line dances while sculpting your body. Beginner, experienced dancers, couples and individuals are all welcome.

Age: 18+ Yrs



NIA

NIA is an exciting expressive form of non-impact movement with varying rhythms and speeds influenced by dance, martial arts and diverse music. NIA techniques create power, flexibility, increased range-of-motion, muscle definition and cardiovascular conditioning.

Age: 14+ Yrs

Pilates - Beginner

Designed for the beginner, you will develop a strong healthy body by working primary and secondary muscles. We will focus on the trunk, shoulders and hip joints. All of this will be done through the elegance of this movement system.

Age: 16+ Yrs

Pilates Level I

Discover the world of Pilates! This class will introduce progressive basic mat exercises or modifications as well as concentrating on core strength and stabilization. Find out why Pilates is the newest fitness craze and how strengthening your core will help you.

Age: 16+ Yrs

Senior Exercise

This dynamic program is designed especially for seniors emphasizing non-vigorous exercise increasing joint mobility and flexibility with fun music, light dancing and a lot of laughs.

Age: 55+ Yrs

Strength = Total Body Toning

A combination of free weights, body bars, tubing and resistance balls. Strengthen, tone, and define the entire body (upper, lower and core). All levels welcome.

Age: 16+ Yrs

Stepping Strong

You will burn calories, have fun and be in the best shape ever! Steps will be effectively utilized for the cardio portion, followed by resistance training to strengthen muscles and keep bones healthy. This class can and will meet the needs of the beginner, intermediate and even the most advanced exercise enthusiast as everyone is encouraged to work to their highest potential.

Age: 14+ Yrs

Strong and Long

This class combines strength training, stretching and relaxation exercises to offset the effects of osteoporosis, manage weight, recover muscle mass lost due to aging or a sedentary lifestyle, and release stress being held in the body. Come and get a full body workout and leave feeling strong, long, relaxed and ready to face the day!

Age: 16+ Yrs

Tai Chi

Tai Chi is a Chinese health and martial arts system focused on the Holistic development of mind, body and spirit. It's practice is well known for reducing stress and increasing cardiovascular efficiency while improving your sense of balance in a relaxed continuous flow. This class incorporates the Yang Style long form.

Age: 18+ Yrs

Tai Chi for Arthritis

Recommended by the Arthritis Foundation of America, this class uses gentle fluid movement to enhance muscular strength, increase joint flexibility and promote overall physical stamina. Participants will find relief and relaxation from the physical and mental stress that accompanies living with arthritis.

Age: ALL

Yoga

Hatha Yoga is a gentle, yet powerful exercise system which reduces stress and promotes a healthy, fit and flexible body. Students develop strength, flexibility, stamina and better concentration. The relaxation exercise serves to balance the body and quiet the mind creating an overall sense of well-being. Bring a pillow and towel for use on mat. (*Tuesday classes not included in Fitness Upgrade*).

Age: 16+ Yrs








Zumba

This mid to high energy class with music makes you want to move; includes a mix of Latin-inspired dance, salsa, cha-cha and aerobics. Finish with core work and a stretch.







Age: 16+ Yrs

*See page 11 for the different options available for fitness programs.
Check out our NEW Fitness Stimulus Option!*

FITNESS PROGRAMS

CLASS	CLASS #	DAY	TIME	DATE	FEE	WEEKS	INST	SITE
 Abs and Stretch	2167-5	F	11:00-11:45am	8/20-9/24	\$59	6	TC	ADS
	2167-6	F	11:00-11:45am	10/08-11/12	\$59	6	TC	ADS
 Ball & Balance	2353-3	F	10:00-10:45am	8/20-9/24	\$59	6	TC	ADS
	2353-4	F	10:00-10:45am	10/08-11/12	\$59	6	TC	ADS
Body Blast	2157-5	F	6:00-6:45am	8/20-9/24	\$59	6	RB	ADS
	2157-6	F	6:00-6:45am	10/08-11/12	\$59	6	RB	ADS
 Boot Camp	2335-5	M/W	7:00-8:00am	8/16-9/20	\$80	5	BJ	GYM
	2335-6	M/W	7:00-8:00am	10/04-11/08	\$87	6	BJ	GYM
	2335-7	M	6:10-7:10pm	8/16-9/20	\$59	6	VG	GYM
	2335-8	M	6:10-7:10pm	10/04-11/08	\$59	6	VG	GYM
 Cycling 101+ <i>(not included in fitness upgrade or stimulus)</i>	2255-1	M	5:30-6:30pm	8/16-9/20	\$59 \$40	5	BJ	CC
	2255-2	M	5:30-6:30pm	10/04-11/08	\$59 \$44	6	BJ	CC
	2255-3	Tu	9:45-10:45am	8/17-9/21	\$59 \$44	6	MW	CC
	2255-4	Tu	9:45-10:45am	10/05-11/09	\$59 \$44	6	MW	CC
	2255-5	Tu	5:45-6:45pm	8/17-9/21	\$59 \$44	6	MH	CC
	2255-6	Tu	5:45-6:45pm	10/05-11/09	\$59 \$44	6	MH	CC
	2255-7	Th	9:45-10:45am	8/19-9/23	\$59 \$44	6	MW	CC
	2255-8	Th	9:45-10:45am	10/07-11/11	\$59 \$44	6	MW	CC
	2255-9	Sa	12:45-1:45pm	8/21-9/25	\$59 \$44	6	BJ	CC
	2256-0	Sa	12:45-1:45pm	10/09-11/13	\$59 \$44	6	BJ	CC
Cycle Yoga +	2256-1	W	6:00-7:30pm	8/18-9/22	\$64	6	MH	CC
	2256-2	W	6:00-7:30pm	10/06-11/10	\$64	6	MH	CC
Cycle Sport +	2256-3	Th	5:45-6:45pm	8/19-9/23	\$59 \$44	5	BJ	CC
	2256-4	Th	5:45-6:45pm	10/07-11/11	\$59 \$44	6	BJ	CC
Exercise w/Purpose	2713-6	Tu	5:30-6:15pm	8/17-9/21	\$59	6	CG	OP
	2713-7	Tu	5:30-6:15pm	10/05-11/09	\$59	6	CG	OP
 Gentle Moves	2222-6	M&W	7:15-8:10pm	8/16-9/20	\$80	5	WW	ADS
	2222-8	M&W	7:15-8:10pm	10/04-11/08	\$87	6	WW	ADS
 Gentle Yoga	2293-3	Tu	9:20-10:20am	8/17-9/21	\$59	6	BO	CR
	2294-9	Tu	9:20-10:20am	10/05-11/09	\$59	6	BO	CR
	2293-5	Th	9:20-10:20am	8/19-9/23	\$59	6	BO	CR
	2295-7	Th	9:20-10:20am	10/07-11/11	\$59	6	BO	CR
	2293-7	Th	5:45-6:45pm	8/19-9/23	\$59	6	BO	CR
	2294-8	Th	5:45-6:45pm	10/07-11/11	\$59	6	BO	CR
 Kickboxing	2475-5	M	5:00-6:00pm	8/16-9/20	\$49	5	VG	ADS
	2475-6	M	5:00-6:00pm	10/04-11/08	\$59	6	VG	ADS
Line Dancing	3267-5	Tu	6:00-7:00pm	8/17-9/21	\$49	5	RB	NP
	3267-6	Tu	6:00-7:00pm	10/05-11/09	\$59	6	RB	NP
NIA	2262-6	Su	11:00-12:00pm	8/22-9/26	\$59	6	LB	ADS
	2267-2	Su	11:00-12:00pm	10/10-11/14	\$59	6	LB	ADS

Introductory Special Price

CLASS	CLASS #	DAY	TIME	DATE	FEE	WEEKS	INST	SITE
Pilates I	2274-1	Tu	7:30-8:30pm	8/17-9/21	\$59	6	SH	CR
	2274-3	Tu	7:30-8:30pm	10/05-11/09	\$59	6	SH	CR
Beg Pilates	2275-8	Th	8:15-9:15pm	8/19-9/23	\$59	6	SH	CR
	2274-2	Th	8:15-9:15pm	10/07-11/11	\$59	6	SH	CR
 Senior Exercise	3258-3	Tu	9:00-10:00am	8/17-9/21	\$59	6	RN	ADS
	3255-1	Tu	9:00-10:00am	10/05-11/09	\$59	6	RN	ADS
	3258-5	Th	9:00-10:00am	8/19-9/23	\$59	6	LL	ADS
	3255-7	Th	9:00-10:00am	10/07-11/11	\$59	6	LL	ADS
 Stepping Strong	2282-7	M&W	6:05-7:00pm	8/16-9/20	\$80	5	RB	ADS
	2282-8	M&W	6:05-7:00pm	10/04-11/08	\$87	6	RB	ADS
	2282-9	Tu&Th	6:00-6:45am	8/17-9/21	\$87	6	RB	ADS
	2283-0	Tu&Th	6:00-6:45am	10/05-11/09	\$87	6	RB	ADS
Strength= Body Toning	2244-3	M	8:15-9:15pm	8/16-9/20	\$49	5	SH	ADS
	2246-3	M	8:15-9:15pm	10/04-11/08	\$59	6	SH	ADS
	2244-5	W	8:15-9:15pm	8/18-9/22	\$59	6	SH	ADS
	2246-4	W	8:15-9:15pm	10/06-11/10	\$59	6	SH	ADS
 Strong & Long	2316-1	M	8:40-9:40am	8/16-9/20	\$49	5	CF	ADS
	2315-7	M	8:40-9:40am	10/04-11/08	\$59	6	CF	ADS
	2316-5	F	8:40-9:40am	8/20-9/24	\$59	6	CF	ADS
	2315-9	F	8:40-9:40am	10/08-11/12	\$59	6	CF	ADS
Tai Chi	2325-1	Tu	8:20-9:10pm	9/21-11/16	\$96	10	BB	ADS
Tai Chi for Arthritis	2714-1	M	1:15-2:00pm	10/04-11/08	\$50	6	TC	ADS
	2714-4	Th	2:45-3:30pm	8/19-9/23	\$50	6	TC	ADS
	2714-5	Th	2:45-3:30pm	10/07-11/11	\$50	6	TC	ADS
	 2714-2	W	10:00-10:45am	8/18-9/22	\$50	6	CG	ADS
	2714-3	W	10:00-10:45am	10/06-11/10	\$50	6	CG	ADS
 Yoga	2292-5	Tu+	6:00-7:00pm	8/17-9/21	\$59	6	NG	CR
	2295-1	Tu+	6:00-7:00pm	10/05-11/09	\$59	6	NG	CR
	2293-1	Sa	8:00-9:00am	8/21-9/25	\$59	6	SH	CR
	2295-6	Sa	8:00-9:00am	10/09-11/13	\$59	6	SH	CR
 Zumba	2306-3	M/W	9:30-10:30am	8/16-9/20	\$80	5	VG	CR
	2306-8	M/W	9:30-10:30am	10/04-11/08	\$87	6	VG	CR

No class September 6.

Register for 2 classes and receive a 10% discount. Register for 3 classes for a 15% discount.

Locations: Aerobic Dance Studio - **ADS**
 **Babysitting services available**

Community Room - **CR** Oketo Park - **OP** National Park - **NP**
+NOT INCLUDED IN FITNESS UPGRADE OR STIMULUS PACKAGE

Meet Our Fitness Staff:

Rhonda Bidne, AFAA Certified - RB	Barbara Burns - BB	Linda Burns, Cert. NIA white belt - LB
Ty Cooper, AFAA Certified - TC	Carol Friedman, ACSM-ACE Certified - CF	Carol Gail, AEA Certified - CG
Nancy Gerstein, R.Y.T. - NG	Valerie Green, NASM, AFAA Certified - VG	Marty Hedrick, ACE Certified - MH
Sophia Hui, AFAA Certified - SH	Beth Jacobson, ACSM-ACE Certified - BJ	Helen Lazicki, AFAA Certified - HL
Leslye Lehman, AFAA Certified - LL	Randi Neebe - RN	Beth O'Neill - BO
Wendy Wesley, AFAA Certified - WW	Marie Widner, Johnny G Certified - MW	

Celebrate 10/10/10 with us!
If you haven't seen Club Fitness yet, well here is your chance.

On Sunday, October 10th the club will be hosting an open house beginning at 10am all Morton Grove Residents can stop by and try out the club for absolutely free.

At 10 minutes after every hour, we will hold a drawing for prizes.

If you purchase an annual membership that day, you will receive a \$10 gift certificate good off a future program.

Racquetball Courts

Monday - Friday
 5:30am - 4:30pm (Non-Prime)
 5:00pm - Closing (Prime Time)

Saturday - Sunday
 7:00am - 12:30pm (Prime Time)
 1:00pm - Closing (Non-Prime)

Court Fees

Non-Prime Time \$10/hour
Prime Time \$12/hour

Courts may be cancelled up to 12 hours before the reserved time. You will be billed if you fail to show up for your reserved court time. Non-members will be required to pay a guest fee per person (\$8 resident/\$10 non-resident) in addition to court fee. Members are responsible for court fees only. Guests of members will be required to pay a guest fee. Only members can reserve court time in advance.

Season Reserve Update

Season Reserve Time began Monday, May 4, 2010.
 Call Marylou Kohl at 847-965-1200 for details.

Gymnasium

Open Gymnasium

The Morton Grove Park District's full size gym is open for basketball play at various scheduled times. Gym schedules are available at the front desk.

- Morton Grove Residents 17 or younger - \$2
- Morton Grove Residents 18 & up - \$3
- Non-Residents - \$7

*The minimum amount for credit card transactions will be \$10.

All children under the age of 10 must be accompanied by a paying adult.

Gym Pass

Open gym passes are available to all Morton Grove residents who are 17 and under. Passes are only \$50 and pass holders receive 30 gym visits for a savings of \$10.

Kids' Center Play Care

It's more than just "sitting". Organized activities are planned for the children participating. We will offer age appropriate group activities with the children such as seasonal arts and crafts, painting and working with washable markers and crayons on coloring sheets. Old favorites such as playing with toys and watching movies will continue as well. We will be putting the children's art work on display inside the center for them to see when they visit. No snack will be provided. If needed, please supply your own.

Kids' Center Hours

Monday and Friday 8:30am to 12:00 Noon
Tuesday through Thursday 9:00am-12:00 Noon
Monday 5:00-8:30pm

Kids' Center Rates

\$3 for 1st hour (1 hour minimum)
 \$1.50 for up to 30 additional minutes
 \$1.50 per hour for each additional child

***Kid's Center - Punch Card**

25 Visits (1.5 hours) \$100 (Save \$12.50)

*Non-Refundable

24 hour notice is required for reservations.

WALK YOUR WAY TO HEALTH!

The Prairie View Gymnasium is open to Morton Grove Residents for walking Monday through Friday from 5:30-9:00am and Saturdays and Sundays from 7-9am.

Note: Morton Grove Residents need to sign in and present a photo ID prior to entering the gym.

Gymnasium I.D.'s

Resident's 16 years old and under may acquire a gymnasium I.D. to use the gymnasium. Morton Grove gymnasium I.D. cards are available **FREE of charge**. Proof of residency is required to obtain an I.D. There is a \$5 replacement charge for a lost I.D.

NOTE: ID's are required for entry into the gymnasium. The following is accepted:

- School ID/w address**
- Teens in Charge ID**
- Morton Grove Library Card**
- Morton Grove Park District Gym ID**
- Morton Grove Park District Fitness Card**
- Morton Grove Park District Pool ID**
- Valid Driver's License (no tickets)**