

Seriously FREE Classes for Inwood Athletic Club Members Only

Current schedules available online at inwoodathleticclub.com

Roll Out Your Aches and Pains (Ages 16 years and older)

Foam Rolling is becoming an effective way to warm up and cool down from exercise actively without the boredom some people feel when stretching. Stretching is good for you, but some of us tend to skip it more often than we should! Try this form of stretching not only for your muscles, but also all for your connective tissues that move you through your daily life and improve those little aches and pains as well. *Registration required. Held in the Inwood Athletic Club Studio I.*

Program	Dates	Day	Time	Cost	Deadline
#5-4661-12	Feb 12	Sun	8:00 am	FREE to members	Jan 28

FREE

Completely Core (Ages 16 years and older)

Still doing 100 crunches day after day and your abs aren't rock hard yet? Learn the truth about 6-pack abs, what works to improve the looks of your waistline, what is beneficial for core strength and what is a waste of time. This will be an informative class as well as a great workout! No *registration required. Held in the Inwood Athletic Club Studio I.*

Dates	Day	Time	Cost
Mar 1	Thu	7:00 pm	FREE to members

FREE

Special Programming

Inwood Athletic Club Monthly College Membership (Ages 17 years and older)

Membership valid for one month, member must supply residency and show a school ID. Valid December 2011 and January 2012 only.

Program	Dates	Cost	Deadline
#4-4008-12	Dec 1 – Jan 31	\$34 RDC/\$39	Jan 31

Yoga for Beginners (Ages 13 years and older)

Have you always wanted to take a yoga class but feel everyone in there already knows what they're doing and you'd be lost? Here's your chance to get the foundation for a great experience in yoga. Learn yoga style breathing and poses in this 4-week course and be ready for ongoing weekly classes upon completion. *Held in the Inwood Athletic Club Studio I.*

Program	Dates	Day	Time	Cost	Deadline
#5-4631-12	Jan 12 – Feb 2	Thu	7:00 pm	\$20 RDC/\$50	Jan 10

Group Fitness/Balancing Act (Ages 18 years and older)

A.C.E. Workshop for group fitness instructors and personal trainers. 0.3 CEC's provided. Assess your current program designs and develop new workouts that include variety in strength and balanced body exercises that result in a higher level of functionality with each movement. Learn to incorporate the necessary elements that provide smarter exercise that helps to avoid injury from overused exercises and under planned classes and workouts. Presented by: Mary Magee-Huth/A.C.E. Certified Personal Trainer and CEC provider, Head Personal Trainer for Provena Saint Joseph Inwood Athletic Club and Ass't. Fitness Coordinator. For more information call 815.741.7275 ext. 127 or email mmagee@jolietpark.org *Held in the Inwood Athletic Club Studio I.*

Program	Dates	Day	Time	Cost	Deadline
#5-4630-12	Jan 28	Sat	9:00 am – Noon	\$50	Jan 23

Special Programming (continued)

Are You Ready to Ramble? (Ages 13 years and older)

Beginner Runners want to run your first 10K? Join our group of novice runners and feel the success of your efforts at the Rockdale Ramblin' Run on April 14, 2012. This 8-week training program will get you ready to Ramble and Run. First meeting is Tuesday February 21 at 6:30 pm in IAC Board Room with the first short run scheduled for Thursday, February 23. Join the fun and feel the success!

Program	Dates	Day	Time	Cost	Deadline
#5-4670-12	Feb 21	Tue	6:30 pm	\$35 RDC/\$45	Feb 21

Semper Fit Boot Camp (Ages 18 years and older)

If you are serious about getting in the best shape of your life then Semper Fit Boot Camp is for you! This intense marine-based program produces results by pushing you harder than you can push yourself. Our motivating instructors will challenge you to improve your personal best. All participants must attend an informational meeting where they will receive the program rules and schedule. Use of Provena Saint Joseph Inwood Athletic Club is included for the length of the program. It's not where you start; it's where Semper Fit Boot Camp will take you! *Held in Multi-Purpose Center and ATI Field at Joliet Memorial Stadium.*

The Mandatory Informational Meeting will be held Wednesday, February 22, 2012 at 6 pm or Saturday, February 25, 2012 at 9 am in the Inwood Athletic Club Board Room.

Program	Dates	Day	Time	Cost	Deadline
#6-4506-12	Mar 19 – May 25	Mon – Fri	Varies	\$289 RDC/\$399	Mar 19

Command Fitness (Ages 13 years and older)

This all-level boot camp style fitness program was created for those who want to be (more) fit! A motivated and energetic group environment is created so that each individual, through hard work and dedication, rises to their potential to reach their fitness goals! This six-week program includes 5 workouts per week (including yoga) with a personal trainer in addition to nutritional guidance with a certified nutrition coach. Class size is limited to 25! Call Erin at 815.741.7275 ext. 215 with any questions. *Held in Inwood Park and ATI Field at Joliet Memorial Stadium.*

Informational Meeting/Pre-Test Thursday, March 22, 2012
 Program Runs Monday, March 26 – Thursday, May 3, 2012
 Post-Test Tuesday, May 8, 2012

Program	Dates	Day	Time	Cost	Deadline
#6-4541-12	Mar 26 – May 3	Mon – Thu	Evenings	\$149 RDC/\$199	Mar 22



Active Older Adult Programming

50+ Fitness Fusion (Ages 50 years and older)

Improve your cardiovascular endurance and muscular strength in this guided interval/circuit class designed for the older adult. Class is suited to your needs on the equipment. Go at your own pace and use the weight that is right for you! *Meet at the Inwood Athletic Club Fitness Desk. Free to IAC Members.*

Program	Dates	Day	Time	Cost	Deadline
#4-4600-12	Dec 13 – Feb 9	Tue/Thu	Noon – 1:00 pm	Free to Members/\$40	
#4-4601-12	Dec 13 – Feb 9	Tue/Thu	1:00 – 2:00 pm	Free to Members/\$40	
#5-4600-12	Feb 14 – Apr 5	Tue/Thu	Noon – 1:00 pm	Free to Members/\$40	
#5-4601-12	Feb 14 – Apr 5	Tue/Thu	1:00 – 2:00 pm	Free to Members/\$40	
#6-4600-12	Apr 10 – Jun 7	Tue/Thu	Noon – 1:00 pm	Free to Members/\$40	
#6-4601-12	Apr 10 – Jun 7	Tue/Thu	1:00 – 2:00 pm	Free to Members/\$40	

Personal Training

Program	Individual	Group (2 clients)	Large Group (3 – 5)
(1) 1 hour session	\$50	\$75	
(5) 1 hour sessions	\$225	\$350	
(10) 1 hour sessions	\$425	\$650	\$250 per person

Half hour sessions for individuals are also available. Inquire at the fitness desk for more information.

Nutrition Services

Individualized Nutritional Counseling (Ages 13 years and older)

Is all the latest information about what are the best foods to eat overwhelming and causing you confusion when it comes to food choices? Were you recently diagnosed with high blood sugar and want to take control of your eating before it takes control of you? Is your training for a sport or an event just not hitting the mark? Meet with one of our Nutrition Coaches to set up a plan for you to reach your health and fitness goals.

Program	Description	Cost
#0-4064-00	Initial Assessment	\$80 Member/\$120
#0-4064-01	Follow-up Session	\$35 Member/\$45
#0-4064-05	Package of 5 (includes Initial Assessment)	\$200 Member/\$250

Personalized Nutritional Coaching (Ages 13 years and older)

Inwood Athletic Club *members*, hire a Nutrition Coach to help achieve your health and fitness goals! A Nutrition Coach will meet with you for a 1 hour initial consultation to set up your plan of action. Progress is then monitored weekly. The final week concludes with an assessment of your progress and determination of your next steps.

Program	Description	Cost
#0-4065-01	First Month	\$99 Members Only
#0-4065-02	Following Months	\$75 per month/Members Only