



**FALL
PROGRAMS
2018**

LIBERTYVILLE
1030 S 4th Avenue
Libertyville, IL 60048
(847) 362-5553
lifesport.com

LINCOLNSHIRE
96 Elm Road
Lincolnshire, IL 60069
(847) 913-2000
lifesport.com



WHY THE NAME CHANGE?

We are still the friendly, neighborhood club you joined but felt we needed a name that better defines who we are as a club. In the past, the clubs have been individually named after the lively communities we have served for high-level tennis player development and fitness. Our efforts to consistently improve our tennis development groups while offering more fitness programs such as our new Pilates Reforming Training Studio (Libertyville) and Functional Training (Lincolnshire) have led us to this point.

A BRIEF LOOK BACK AT OUR HISTORY

In April of 1986, Steve Wild purchased The Libertyville Tennis Club and his first home computer. He fused his passion for teaching tennis and interest in technology to form his company, Club-net. Club-net acquired tennis clubs nestled in the friendly neighborhoods of Libertyville, Kenosha, Racine and Lincolnshire.

Since then, both the clubs, our offerings and technology have advanced beyond measure and the time for change is now. You will see immediate changes around the club with more coming in the weeks and months ahead.

WHY LIFESPORT?

The name actually came about as a result of discussions surrounding our purpose, mission, and vision. The words sport, life, fitness, and tennis kept surfacing, and eventually, LifeSport emerged as not only a name but a brand for all of the clubs, with a promise to enhance people's lives through tennis, fitness and sport. The tagline "Training for Life" includes all ages and levels, as some are interested in adding years to their life, while others seek to add life to their years!

We are all Training for Life

Junior Tennis

Our experienced tennis pros focus on fun while building technical and competitive skills.

p. 4-10

Adult Tennis

Tennis—The Sport of a Lifetime—is a fun and healthy activity that will benefit you at any age.

p. 14-16

Personal Training

Our certified personal trainers are committed to helping you meet your fitness goals.

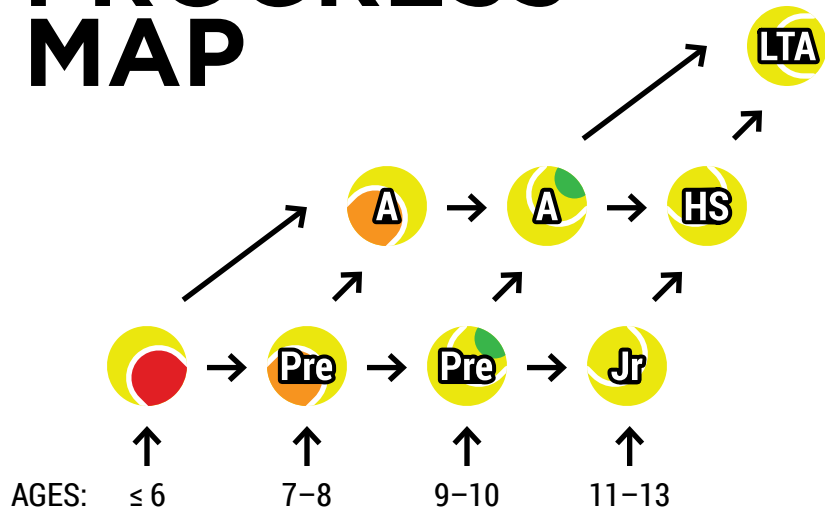
p. 18-19

Group Exercise

Our classes are designed to increase strength, flexibility, and cardiovascular endurance.

p. 20-22

junior tennis PROGRESS MAP



RED BALL (ages 6 & under)

Players in this class will work on their motor skills, athletic development, agility, balance, and hand-eye coordination. Players participate in drills in a fun and friendly environment on a 36' court. Racquet skills are introduced along with the concept of cooperative drills.

LIBERTYVILLE	F1: AUG 11-OCT 21	F2: OCT 22-JAN 6
MON 4-5PM	\$315 / \$342	\$315 / \$342
WED 4-5PM	\$350 / \$380	\$350 / \$380
FRI 3:30-4:30PM	\$350 / \$380	\$315 / \$342
SAT 9-10AM	\$350 / \$380	\$315 / \$342
SUN 9-10AM	\$350 / \$380	\$315 / \$342
LINCOLNSHIRE	MEMBER / NON	MEMBER / NON
TUE 4-5PM	\$350 / \$380	\$315 / \$342
THU 4-5PM	\$350 / \$380	\$315 / \$342
SAT 10-11AM	\$350 / \$380	\$315 / \$342
SAT 11AM-12PM	\$350 / \$380	\$315 / \$342
SUN 1-2PM	\$350 / \$380	\$315 / \$342

ORANGE BALL PRE-ACADEMY (ages 8 & under)

This class is formatted around footwork and technique based drills on a 60' court. Rally skills, cooperative drills, point play, and fitness are implemented into the class time.

LIBERTYVILLE	F1: AUG 11-OCT 21	F2: OCT 22-JAN 6
MON 4-5PM	\$315 / \$342	\$315 / \$342
WED 4-5PM	\$350 / \$380	\$350 / \$380
SAT 9-10AM	\$350 / \$380	\$315 / \$342
SUN 10-11AM	\$350 / \$380	\$315 / \$342
LINCOLNSHIRE	MEMBER / NON	MEMBER / NON
MON 4-5PM	\$315 / \$342	\$315 / \$342
WED 4-5PM	\$350 / \$380	\$350 / \$380
SAT 10-11AM	\$350 / \$380	\$315 / \$342
SAT 11AM-12PM	\$350 / \$380	\$315 / \$342
SUN 1-2PM	\$350 / \$380	\$315 / \$342

GREEN DOT PRE-ACADEMY (ages 10 & under)

Players at this level graduate to a full 78' court. Rally skills, cooperative drills, point play, and fitness are emphasized.

LIBERTYVILLE	F1: AUG 12-OCT 22	F2: OCT 22-JAN 6
MON 4-5PM	\$350 / \$380	\$315 / \$342
WED 4-5PM	\$350 / \$380	\$350 / \$380
SAT 10-11AM	\$350 / \$380	\$315 / \$342
SUN 11-12PM	\$350 / \$380	\$315 / \$342

fall session 1

Aug 11-Oct 21

no class Sep 1-3

fall session 2

Oct 22-Jan 6

*no class Nov 22-25;
Dec 24-Jan 1*

ORANGE BALL ACADEMY (ages 8–11, by invitation)

Players in this class are expected to have basic technique, footwork, and be self-motivated. Advanced point play scenarios, technique concepts, and strategy are introduced to the players on a 60' court. This class is meant to prepare kids for USTA Orange Ball Tournaments.

LIBERTYVILLE	F1: AUG 11-OCT 21	F2: OCT 22-JAN 6
MON 4-5PM	\$315 / \$342	\$315 / \$342
FRI 4:30-6PM	\$525 / \$570	\$473 / \$513
SAT 9-10:30AM	\$525 / \$570	\$473 / \$513
LINCOLNSHIRE	MEMBER / NON	MEMBER / NON
TUE 6-7:30PM	\$525 / \$570	\$473 / \$513
THU 6-7:30PM	\$525 / \$570	\$473 / \$513
SAT 10AM-12PM	\$700 / \$760	\$630 / \$684

GREEN DOT ACADEMY (by invitation)

Players in this class will possess full court rally skills, more advanced footwork, and an understanding of the game. Players are expected to have good endurance and focus.

LIBERTYVILLE	F1: AUG 11-OCT 21	F2: OCT 22-JAN 6
WED 4-5:30PM	\$525 / \$570	\$525 / \$570
FRI 4:30-6PM	\$525 / \$570	\$473 / \$513
SUN 1:30-3PM	\$525 / \$570	\$473 / \$513
LINCOLNSHIRE	MEMBER / NON	MEMBER / NON
TUE 6-7:30PM	\$525 / \$570	\$473 / \$513
THU 6-7:30PM	\$525 / \$570	\$473 / \$513
SAT 10AM-12PM	\$700 / \$760	\$630 / \$684
SUN 10AM-12PM	\$700 / \$760	\$630 / \$684

fall session 1

Aug 11–Oct 21

no class Sep 1–3

fall session 2

Oct 22–Jan 6

no class Nov 22–25;

Dec 24–Jan 1

JUNIOR HIGH (ages 11–13)

An excellent program for 11-13 year-olds who are just starting tennis. Students will be introduced to volleys, serves and ground strokes with an emphasis on form and control.

LIBERTYVILLE	F1: AUG 11-OCT 21	F2: OCT 22-JAN 6
TUE 4-5PM	\$350 / \$380	\$315 / \$342
THU 4-5PM	\$350 / \$380	\$315 / \$342
SAT 11-12PM	\$350 / \$380	\$315 / \$342
SUN 12-1PM	\$350 / \$380	\$315 / \$342
LINCOLNSHIRE	MEMBER / NON	MEMBER / NON
SAT 3-4PM	\$350 / \$380	\$315 / \$342
SUN 2-3PM	\$350 / \$380	\$315 / \$342

FRESHMAN/JV (members only)

For those who have excelled through the Junior High class and have been recognized for their exceptional attitude, desire, and stroke development. This class emphasizes more competitive skill building by learning basic patterns and strategies.

LIBERTYVILLE	F1: AUG 11-OCT 21	F2: OCT 22-JAN 6
TUE 4-5PM	\$350	\$315
THU 4-5PM	\$350	\$315
SAT 10:30AM-12PM	\$525	\$473
SUN 12-1:30PM	\$525	\$473

HIGH SCHOOL (members only)

This program is designed for Juniors playing in local tournaments or on their high school team. This program strengthens basic skills needed for district level competition with emphasis on high school team tennis.

LIBERTYVILLE	F1: AUG 11-OCT 21	F2: OCT 22-JAN 6
TUE 5-7PM	\$700	\$630
THU 5-7PM	\$700	\$630
SUN 1:30-3PM	\$525	\$473
LINCOLNSHIRE	F1: AUG 11-OCT 21	F2: OCT 22-JAN 6
TUE 7-8PM	\$350	\$315
THU 7:30-8:30PM	\$350	\$315
SAT 4-5:30PM	\$525	\$473
SUN 3-4:30PM	\$525	\$473

Libertyville & Lincolnshire **JUNIOR TENNIS ACADEMY**

LTA provides a challenging environment for committed players. The Academy is a full-service program offering on-court instruction, match play sessions, tournament scheduling, tournament coaching, fitness, and much more. Players in this program continue developing at a competitive level through high school and even college.

Players have group options seven days a week to accommodate school and tournament schedules. Our experienced pros will help your player achieve any goal set by designing a roadmap for success.

season starts
August 15

DEVELOPING PLAYERS EVERYDAY...

LIBERTYVILLE CLUB

MON 5:00-7:00PM

TUE 5:00-7:00PM

WED 5:00-7:00PM

THU 5:00-7:00PM

SAT 12:00-2:00PM

LTA HIGH SHOOOL

TUE 5:00-7:00PM

THU 5:00-7:00PM

LINCOLNSHIRE CLUB

MON 5:00-7:00PM

TUE 5:00-7:00PM

WED 5:00-7:00PM

THU 6:00-8:00PM

FRI 5:00-7:00PM

SAT 1:00-3:00PM

SUN 10:00AM-12:00PM

LTA HIGH SHOOOL

MON 7:00-9:00PM

WED 7:00-9:00PM

For more information or for an evaluation,
contact **Andrea Harvey** 847 913-2000
andrea.harvey@lifesport.com

junior tennis HOLIDAY CAMP

DECEMBER 26-29 & 31

Mornings Half Day
9am-noon

ages 5+ & LTA

HOLIDAY CAMP

Spend your winter break on court staying active, improving your game and hanging out with friends! Beginners to experienced competitors will have playing opportunities while the regular programs are not in session. Introduce your friends or visiting family members to the game. Non-members are always welcome to attend camp! Register daily or for the entire week.

AGES 5+	MEMBER / NON	LTA	MEMBER / NON
1-3 DAYS	\$72/DAY / \$75/DAY	1-3 DAYS	\$72/DAY / \$75/DAY
4-5 DAYS	\$63/DAY / \$66/DAY	4-5 DAYS	\$63/DAY / \$66/DAY

Beginner Fencing

THU 6:30-8:00PM (*saber*)

FRI 4:30-6:00PM (*foil*)

Junior Advanced

SAT 11AM-1PM (*saber*)

FRI 6:00-7:30PM (*foil*)

High School Fencing

SAT 1PM-3PM (*saber*)

Open Fencing Practice

WED 7:00-9:00PM

Tactical Training

MON 6:30-8:30PM (*saber*)

7:30-9:30PM (*saber*)

TUE 6:30-8:30PM (*foil*)

6:30-8:30PM (*saber*)

7:30-9:30PM (*saber*)



The Great Lakes Fencing Academy is a fencing club serving youth and young adult fencers. We offer fencing programs in epee, foil, and saber.

The Great Lakes Fencing Academy is also the official home of the Championship Libertyville and Vernon Hills High School fencing team, during the off season.

For more information on fencing programs or starting dates, contact LifeSport-Libertyville
847 362 5553

greatlakesfencing.org



thanksgiving
Club Championships

FRI-SUN NOVEMBER 23-25

at the Libertyville Club

Adults Division

starts Fri @ 5:30PM

M/W Singles
M/W Doubles
Mixed Doubles

Juniors Division

starts Fri @ 9:00AM

B/G Orange Ball
B/G Green Dot
B/G Singles
B/G Doubles

junior players
special events

available to all junior players

Red Ball Clinic

Sun Nov 25 @ 12-1pm

Prize Shoot Out

Sun Nov 25 @ 12-1pm

register by Nov 19 @ 8PM

call 847 362-5553

session 1 session 2 session 3

**Aug 11-
Sep 30**

**Oct 1-
Nov 11**

**Nov 12-
Dec 23**

no class
Sep 1-3

no class
Nov 22-25

TENNIS 123 (introductory tennis)

An introductory tennis program for those who have never played tennis and have a desire to learn to play.

LIBERTYVILLE	F1: 8/11-9/30	F2: 10/1-11/11	F3: 11/12-12/23
MON 9-10AM	\$192 / \$228	\$192 / \$228	\$192 / \$228
WED 8:30-9:30PM	\$224 / \$266	\$192 / \$228	\$192 / \$228
SUN 9-10AM	\$224 / \$266	\$192 / \$228	\$160 / \$190
LINCOLNSHIRE	MEM / NON	MEM / NON	MEM / NON
MON 1-2PM	\$192 / \$228	\$192 / \$228	\$192 / \$228
TUE 8-9PM	\$224 / \$266	\$192 / \$228	\$192 / \$228
THU 7:30-8:30PM	\$224 / \$266	\$192 / \$228	\$160 / \$190

TENNIS 456 (introductory tennis)

An introductory program for those who have played tennis but haven't picked up a racket in years or have advanced beyond Tennis 123.

LIBERTYVILLE	F1: 8/11-9/30	F2: 10/1-11/11	F3: 11/12-12/23
TUE 7-8:30PM	\$336 / \$399	\$288 / \$342	\$288 / \$342
WED 9-10:30AM	\$336 / \$399	\$288 / \$342	\$288 / \$342
WED 7-8:30PM	\$336 / \$399	\$288 / \$342	\$288 / \$342
SUN 10-11:30AM	\$336 / \$399	\$288 / \$342	\$240 / \$285
LINCOLNSHIRE	MEM / NON	MEM / NON	MEM / NON
FRI 7-8:30PM	\$336 / \$399	\$288 / \$342	\$240 / \$285
SAT 8:30-10:00AM	\$336 / \$399	\$288 / \$342	\$240 / \$285
SUN 12-1:30PM	\$336 / \$399	\$288 / \$342	\$240 / \$285

ORGANIZED PRACTICE

This program is for men and women rated 2.5 to 3.5. It is a fast-paced learning experience drill group with each session highlighting new shots as well as reviewing the "bread and butter" shots.

LIBERTYVILLE	PER TIME RATE	COUPON RATE	COUPON BOOK (6)
TUE 7-9PM	\$52	\$47	\$282

SHOT OF THE WEEK

This program is for men and women rated 3.0 to 4.5. In fast-paced drills, the class will focus on a specific tennis shot and explain how and when to use it in play.

LIBERTYVILLE	PER TIME RATE
WED 1-2:30PM	\$43

CARDIO TENNIS

Cardio Tennis is for all fitness levels and tennis abilities. Whether you are new to tennis or play at a very high level you will get an amazing workout, make new friends, improve your play and enjoy tennis-all at once.

LINCOLNSHIRE	PER TIME RATE
MON 11:30-12:30PM	\$20
THU 12-1PM	\$20
SUN 7:30-8:30PM	\$20

MEN'S INVITATIONAL

Spend the afternoon playing tennis with the area's top players! The Men's Invitational group was created for players at the 4.0+ level to participate in an organized daytime play group featuring play baseline games, serve/volley, etc.

LINCOLNSHIRE	PER TIME RATE	COUPON RATE	COUPON BOOK (10)
TUE 12-2PM	\$35	\$30	\$300

MEN'S DRILLS

Our longest running program for men! Come see why the guys love Thursday nights! Play tennis then hang around for pizza and sodas (*Libertyville Club only*).

LIBERTYVILLE	PER TIME RATE	COUPON RATE	COUPON BOOK (6)
THU 7-9PM	\$52	\$47	\$282
LINCOLNSHIRE	PER TIME RATE	COUPON RATE	COUPON BOOK (6)
TUE 8-10PM	\$52	\$47	\$282

TRAVEL TEAM DRILLS

These teams participate in weekly practices and/or matches both home and away.

LIBERTYVILLE	DAY	TIME	PER TIME RATE	COUPON RATE	COUPON BOOK (6)
WOMEN'S OPEN	TUE	9-11AM	\$52	\$47	\$282
WOMEN'S 4.5	TUE	11AM-1PM	\$52	\$47	\$282
WOMEN'S 4.0	MON	12-2PM	\$52	\$47	\$282
WOMEN'S 3.5/3.0	MON	10AM-12PM	\$52	\$47	\$282
WOMEN'S 3.0	THU	11AM-1PM	\$52	\$47	\$282
WOMEN'S MULTI	SUN	11:30AM-1:30PM	\$52	\$47	\$282
MEN'S 4.5+	WED	7-9PM	\$52	\$47	\$282
SINGLES					
MEN'S 4.0/4.5	MON	8:30-10PM	\$43		
WOMEN'S OPEN	THU	10:30AM-12PM	\$43		
WOMEN'S 4.0/4.5	THU	1:30-3PM	\$43		
WOMEN'S 3.0/3.5	THU	9-10:30AM	\$43		
LINCOLNSHIRE	DAY	TIME	PER TIME RATE	COUPON RATE	COUPON BOOK (6)
WOMEN'S 3.5/4.0	TUE	9:30-11:30AM	\$52	\$47	\$282



at Lincolnshire

COMMUNITY-BASED FUNCTIONAL FITNESS TRAINING

Functional fitness exercises train your muscles to work together and prepare them for daily tasks by simulating common movements you might do at home, at work or in sports. While using various muscles in the upper and lower body at the same time, functional fitness exercises also emphasize core stability.

ADULTS	MORNING	MIDDAY	EVENING
MONDAY		12:30-1:30PM	6:00-7:00PM
TUESDAY		12:30-1:30PM	6:00-7:00PM
WEDNESDAY		12:30-1:30PM	6:00-7:00PM
THURSDAY		12:30-1:30PM	6:00-7:00PM
FRIDAY	6:00-7:00AM	12:30-1:30PM	5:00-6:00PM
SATURDAY	9:00-10:00AM		
KIDS	MORNING	MIDDAY	EVENING
TUESDAY			5:00-6:00PM
WED (10 & under)			5:15-6:00PM
THURSDAY			5:00-6:00PM
SATURDAY	10:00-11:00AM	11:00AM-12:00PM	

Days and times are subject to change. An assessment or fundamentals session may be required before participating in classes.

Our mission is to provide you with an efficient, customized program that is based on your fitness goals, needs, and abilities. Our certified personal trainers are committed to offering the highest level of service, individual guidance, and motivation to keep you on track and focused.

Our trainers will help you:

- Address your current health and fitness concerns
- Learn proper technique and form to reduce the risk of injury
- Maximize your workout to fit your schedule
- Improve your fitness level
- Enhance your overall health and wellness
- Get the results you've always wanted

Superior Training Services— raising the bar for fitness training

Getting Started: The initial consultation with a certified personal trainer consists of gathering baseline information about you. This includes your health history questionnaire as well as evaluations of your strength, flexibility, and endurance. These evaluations, combined with your specific goals, will be used to effectively organize your personalized fitness program.

Everyone can benefit from personal training

Adults & Seniors: We can accommodate the needs of individuals ages 18–80 with general weight loss and fitness needs using a combination of exercise equipment. For those age 55 and up, we will assist with general weight loss, fitness needs, and age-related health concerns.

Children & Teens: Our programs are designed especially for kids, to improve their cardiovascular fitness, sport performance, overall strength, and flexibility. The concepts of these programs are based on current research conducted by the American Academy of Pediatrics in childhood and adolescent care.

Athletes: Services are available for athletes of all ages and sports. Our training is specially designed to increase speed, strength, agility and endurance. We have programs for our junior tennis members that take place on-court to improve tennis-specific movements. We work to improve athletic performance for all sports while decreasing the risk of injury by balancing out muscle strength and enhancing core stability.

Partner/Small Group Training: Another great option! It's always great having a friend around! So why not team together with a friend or two to push, challenge, and motivate each other. Your Personal Trainer will be there to guide you all the way.

Contact us to set up an initial consultation:

LifeSport—Libertyville

Angie Daurer 847 362-5553

angie.daurer@lifesport.com

LifeSport—Lincolnshire

John Mella 847 913-2000

john.mella@lifesport.com

fight

Group Fight is a cardio workout that borrows training styles from mixed martial arts, kickboxing, Muay Thai, karate, functional athletic training, and more!

AVAILABLE AT: LIBERTYVILLE

CENTERGY

Group Centergy® incorporates yoga and Pilates fundamentals with athletic training for balance, mobility, flexibility, and the core.

AVAILABLE AT: LIBERTYVILLE LINCOLNSHIRE

CORE

Group Core® trains you through functional and integrated exercises using your body weight, weight plates, a towel, and a platform.

AVAILABLE AT: LIBERTYVILLE LINCOLNSHIRE

R30

R30® is a 30-minute cardio workout that is as easy as riding a bike. Inspiring music and motivating coaching will improve muscular endurance and build cardio fitness.

AVAILABLE AT: LIBERTYVILLE LINCOLNSHIRE

RIDE

Group Ride® is a 60-minute cycling experience brought indoors. Roll over hills, chase the pack, spin the flats, climb mountains, and sprint to the finish!

AVAILABLE AT: LIBERTYVILLE

groove

Group Groove® is a 60-minute cardio experience that is a fusion of club, urban, and Latin dance styles set to the hottest current hits and the best dance songs.

AVAILABLE AT: LIBERTYVILLE

POWER

Group Power® combines squats, lunges, presses, and curls with functional integrated exercises using an adjustable barbell, weight plates, and body weight.

AVAILABLE AT: LIBERTYVILLE LINCOLNSHIRE

GO!fitBOOTCAMP

This 60-minute high intensity, results-oriented conditioning program trains the entire body with body utilizing cross fit training.

AVAILABLE AT: LIBERTYVILLE

ZUMBA

Zumba® mixes low- and high-intensity moves for an interval-style, calorie-burning dance fitness party. Each class combines cardio, muscle conditioning, balance, and flexibility.

AVAILABLE AT: LINCOLNSHIRE

LifeSport Athletic Club is a proud partner of the Silver Sneakers® program. Our community is active, welcoming, and fun. Our classes are designed for all abilities and varying experience levels. **Are you in?**

GO!SILVER complete

This class is for members who are new to fitness, pregnant, recovering from an injury, or a senior. This low-impact class provides a total body workout with tubing and mat work.

AVAILABLE AT: LIBERTYVILLE LINCOLNSHIRE

GO!SILVER balance

This class will improve your balance, flexibility, and mobility. We also incorporate some hand-eye coordination to keep you quick for whatever life throws your way.

AVAILABLE AT: LIBERTYVILLE

GO!SILVER circuit

This class incorporates low-impact moves to help build coordination, flexibility, and balance, as well as increase muscle endurance and build bone density.

AVAILABLE AT: LIBERTYVILLE

**call or visit lifesport.com
for class days & times**



at Libertyville

Pilates dramatically transforms the way your body looks, feels, and performs. It builds strength without excess bulk, creating a sleek, toned body with slender thighs and a flat abdomen. It is a safe, sensible exercise system that will help you look and feel your very best. It teaches body awareness, good posture, and easy, graceful movements. Pilates also improves flexibility, agility, and range of motion. It can even help alleviate back pain.

The class is led by a certified Pilates instructor who uses both technique and apparatus to lengthen the body, align the spine, and improve deep core strength.

LESSONS	SINGLE	CPN BOOK (5)	CPN BOOK (10)
PRIVATE	\$75 / \$85	\$350 / -	\$650 / -
SEMI-PRIVATE	\$40 / \$50	\$175 / -	-
	MEM / NON	MEM / NON	MEM / NON
CLASSES	\$30 / \$35	-	\$250 / \$300

MORNING CLASSES	EVENING CLASSES	WEEKEND CLASSES
MON 9:00-10:00AM	TUE 6:00-7:00PM	SAT 8:30-9:30AM
TUE 11:00AM-12:00PM	WED 6:00-7:00PM	
FRI 10:00-11:00AM		

LIFESPORT–Libertyville

Located near downtown Libertyville, LifeSport–Libertyville has six indoor tennis courts, four outdoor courts, a fully stocked pro shop, a playroom, and a state of the art fitness facility with group exercise classes. We offer full-service locker rooms, including towel service, with steam rooms.

1030 S 4th Ave
 Libertyville, IL 60048
847 362-5553
lifesport.com

HOURS:
MON-FRI 5:30AM-10PM
SAT-SUN 6AM-7PM

LIFESPORT–Lincolnshire

Located in a convenient location off of Half Day Road, LifeSport–Lincolnshire offers five indoor hard courts, four outdoor clay courts, and a fitness center with group exercise classes and fundamental training. We offer full-service locker rooms, including towel service, with saunas.

96 Elm Road
 Lincolnshire, IL 60069
847 913-2000
lifesport.com

HOURS:
MON-THU 5:30AM-10PM
FRI 5:30AM-9PM
SAT-SUN 6AM-7PM