

winter
sessions

juniors
**Jan 6–
Mar 13**

spring
sessions

juniors
**Mar 14–
Jun 12**

no class Apr 12;
May 23–25

*Junior
Tennis*

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

p. 4-10

*Personal
Training*

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

p. 14-16

adults
**varies
by class**

adults
**varies
by class**

no class Apr 12;
May 23–25

*Adult
Tennis*

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

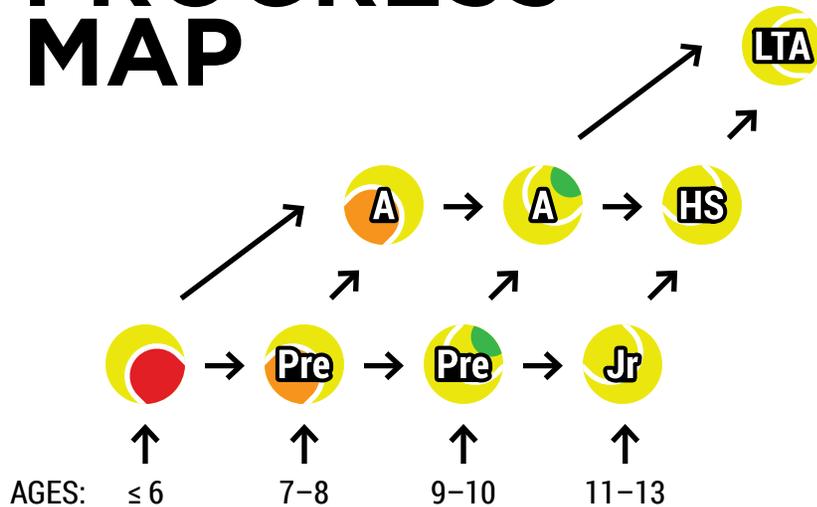
p. 11-13

*Group
Exercise*

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

p. 17-21

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	W: JAN 6-MAR 13	SP: MAR 14-JUN 12
MON 4-5PM	\$290	\$348
WED 4-5PM	\$290	\$377
SAT 9-10AM	\$261	\$377
SUN 9-10AM	\$261	\$319
LINCOLNSHIRE	MEMBER	MEMBER
TUE 4-5PM	\$290	\$377
THU 5-6PM	\$290	\$377
SAT 10-11AM	\$261	\$348
SAT 11AM-12PM	\$261	\$348
SUN 1-2PM	\$261	\$319

● 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	W: JAN 6-MAR 13	SP: MAR 14-JUN 12
MON 4-5PM	\$360 / \$390	\$432 / \$468
WED 4-5PM	\$360 / \$390	\$468 / \$507
SAT 9-10AM	\$324 / \$351	\$432 / \$468
SUN 10-11AM	\$324 / \$351	\$396 / \$429
LINCOLNSHIRE	MEMBER / NON	MEMBER / NON
MON 4-5PM	\$360 / \$390	\$468 / \$507
SAT 10-11AM	\$324 / \$351	\$432 / \$468
SAT 11AM-12PM	\$324 / \$351	\$432 / \$468
SUN 1-2PM	\$324 / \$351	\$396 / \$429

● 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	W: JAN 6-MAR 13	SP: MAR 14-JUN 12
MON 4-5PM	\$360 / \$390	\$432 / \$468
WED 4-5PM	\$360 / \$390	\$468 / \$507
SAT 10-11AM	\$324 / \$351	\$432 / \$468
SUN 11AM-12PM	\$324 / \$351	\$396 / \$429
LINCOLNSHIRE	MEMBER / NON	MEMBER / NON
SAT 10-11AM	\$324 / \$351	\$432 / \$468
SAT 11AM-12PM	\$324 / \$351	\$468 / \$507

winter session
Jan 6-Mar 13

spring session
Mar 14-Jun 12

no class April 12;
May 23-25

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	W: JAN 6-MAR 13	SP: MAR 14-JUN 12
MON 4-5PM	\$360 / \$390	\$432 / \$468
FRI 4:30-6PM	\$540 / \$585	\$702 / \$761
SAT 9-10:30AM	\$486 / \$527	\$648 / \$702
LINCOLNSHIRE	MEMBER / NON	MEMBER / NON
TUE 6-7:30PM	\$540 / \$585	\$702 / \$761
THU 6-7:30PM	\$540 / \$585	\$702 / \$761
SAT 10AM-12PM	\$648 / \$702	\$864 / \$936

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	W: JAN 6-MAR 13	SP: MAR 14-JUN 12
WED 4-5:00PM	\$360 / \$390	\$468 / \$507
FRI 4:30-6PM	\$540 / \$585	\$702 / \$761
SUN 10:30AM-12PM	\$486 / \$527	\$594 / \$644

winter session
Jan 6–Mar 13

spring session
Mar 14–Jun 12

no class April 12;
May 23–25

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	W: JAN 6-MAR 13	SP: MAR 14-JUN 12
TUE 4-5PM	\$360 / \$390	\$468 / \$507
THU 4-5PM	\$360 / \$390	\$468 / \$507
SAT 11AM-12PM	\$324 / \$351	\$432 / \$468
SUN 12-1PM	\$324 / \$351	\$396 / \$429
LINCOLNSHIRE	MEMBER / NON	MEMBER / NON
SAT 3-4PM	\$324 / \$351	\$432 / \$468
SUN 2-3PM	\$324 / \$351	\$396 / \$429

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	W: JAN 6-MAR 13	SP: MAR 14-JUN 12
TUE 4-5PM	\$360	\$468
THU 4-5PM	\$360	\$468
SAT 10:30AM-12PM	\$486	\$648
SUN 12-1:30PM	\$486	\$594

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	W: JAN 6-MAR 13	SP: MAR 14-JUN 12
TUE 7-9PM	\$720	\$936
THU 7-9PM	\$720	\$936
FRI 7-9PM	\$720	\$936
SUN 1:00-3PM	\$648	\$792
LINCOLNSHIRE	MEMBER	MEMBER
TUE 7:30-8:30PM	\$360	\$468
SAT 4-5:30PM	\$486	\$648
SUN 3-4:30PM	\$486	\$594

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.

For more info or for an eval, contact **Andrea Harvey**
847 913-2000 andrea@lifesport.com

LIBERTYVILLE CLUB

MON 5:00-7:00PM
TUE 5:00-7:00PM
WED 5:00-7:00PM
THU 5:00-7:00PM
FRI 7:00-9:00PM
SAT 12:00-2:00PM
SUN 1:00-3:00PM

LINCOLNSHIRE CLUB

LTA BLACK

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 12:00-2:00PM
SUN 10:00AM-12:00PM

LTA GREEN DOT

MON 5:00-7:00PM
WED 5:00-7:00PM
FRI 5:00-7:00PM
SAT 12:00-2:00PM

LTA ORANGE BALL

TUE 6:00-7:30PM
THU 6:00-7:30PM
SAT 12:00-2:00PM

LTA INVITATIONAL

MON 7:00-9:00PM
TUE 4:00-6:00PM
WED 7:00-9:00PM
THU 6:00-8:00PM

DEVELOPING

PLAYERS

EVERYDAY

season ends
June 12

junior tennis SPRING CAMP

MARCH 23-27

Quick Start 9AM-12PM
OR 1-4PM

LTA 9AM-12PM

only @ Libertyville

SPRING CAMP

Spend your spring 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.

QUICK START	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

adult tennis

TENNIS ASAP (introductory tennis)

Transforming novices into players, our four week classes are perfect for learning the fundamentals of the game and getting a great workout while practicing. On-court instruction, no equipment needed. Grab your friends, pick a day and time, and start playing tennis ASAP!

LIBERTYVILLE (WINTER SESSIONS)		W1: 1/2-1/26	W2: 1/27-2/23	W3: 2/24-3/22
MON	9-10AM	\$79 / \$97	\$99 / \$129	\$99 / \$129
WED	8:30-9:30PM	\$79 / \$97	\$99 / \$129	\$99 / \$129
SUN	9-10AM	\$99 / \$129	\$99 / \$129	\$99 / \$129
LIBERTYVILLE (SPRING SESSIONS)		SP1: 3/23-4/19	SP2: 4/20-5/17	SP3: 5/18-6/14
MON	9-10AM	\$99 / \$129	\$99 / \$129	\$79 / \$97
WED	8:30-9:30PM	\$99 / \$129	\$99 / \$129	\$99 / \$129
SUN	9-10AM	\$79 / \$97	\$99 / \$129	\$79 / \$97

LINCOLNSHIRE (DROP IN CLASSES)		MEMBER/TIME	NON/TIME
MON	3-4PM	\$25	\$35
THU	7:30-8:30PM	\$25	\$35

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 ASAP.

LIBERTYVILLE		W1: 1/2-2/23	SP1: 2/24-4/19	SP2: 4/20-6/14
TUE	7-8:30PM	\$347 / \$410	\$396 / \$468	\$396 / \$468
WED	9-10:30AM	\$396 / \$468	\$396 / \$468	\$396 / \$468
WED	7-8:30PM	\$396 / \$468	\$396 / \$468	\$396 / \$468
SUN	10-11:30AM	\$396 / \$468	\$347 / \$410	\$347 / \$410
LINCOLNSHIRE		MEM / NON	MEM / NON	MEM / NON
FRI	7-8:30PM	\$396 / \$468	\$396 / \$468	\$396 / \$468
SAT	8:30-10:00AM	\$396 / \$468	\$396 / \$468	\$347 / \$410

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	\$53	\$48	\$288

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 1:30-3:00PM	\$44

TENNIS@TEN (Ladies Doubles Match Play)

Enjoy a Friday morning mix and match play ladies doubles program for players level 3.0 to 4.0. This is a drop-in program, but pre-registration is recommended.

LINCOLNSHIRE	MEMBER/TIME	NON/TIME
FRI 10AM-12PM	\$19	\$24

MEN'S LUNCHTIME 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	\$36	\$31	\$310

WOMEN'S DRILL & PLAY

An hour of drills with an hour of round robin match play for 3.0–3.5 players. Non-members are welcome!

LIBERTYVILLE	PER TIME RATE	COUPON RATE	COUPON BOOK (6)
FRI 12-2PM	\$53	\$48	\$288

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	\$53	\$48	\$288

LINCOLNSHIRE	PER TIME RATE	COUPON RATE	COUPON BOOK (6)
TUE 7-9PM	\$53	\$48	\$288

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	\$53	\$48	\$288
WOMEN'S 4.5	TUE	11AM-1PM	\$53	\$48	\$288
WOMEN'S 4.0	MON	12-2PM	\$53	\$48	\$288
WOMEN'S 3.5/3.0	MON	10AM-12PM	\$53	\$48	\$288
WOMEN'S 3.0	THU	11AM-1PM	\$53	\$48	\$288
WOMEN'S MULTI	SUN	11:30AM-1:30PM	\$53	\$48	\$288
MEN'S 4.5+	WED	7-9PM	\$53	\$48	\$288
SINGLES					
MEN'S 4.0/4.5	MON	8:30-10PM	\$44		
WOMEN'S OPEN	THU	10:30AM-12PM	\$44		
WOMEN'S 4.0/4.5	THU	1:30-3PM	\$44		
WOMEN'S 3.0/3.5	THU	9-10:30AM	\$44		

LINCOLNSHIRE	DAY	TIME	PER TIME RATE	COUPON RATE	COUPON BOOK (6)
WOMEN'S 3.5/4.0	TUE	9:30-11:30AM	\$53	\$48	\$288

personal training

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

angied@lifesport.com

LifeSport—Lincolnshire

John Mella 847 913-2000

johnm@lifesport.com

pilates

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.

LESSONS	SINGLE	CPN BOOK (5)	CPN BOOK (10)
PRIVATE	\$75 / \$85	\$350 / \$400	\$650 / \$700
SEMI-PRIVATE	\$40 / \$50	\$175 / \$225	\$325 / \$375

CLASSES	MEM / NON	MEM / NON	MEM / NON
	\$30 / \$35	—	\$250 / \$300

MORNING CLASSES

MON	8:00–9:00AM	9:00–10:00AM
FRI	9:00–10:00AM	10:00–11:00AM
SAT	8:30–9:30AM	

EVENING CLASSES

THU 6:00–7:00PM

WEEKEND CLASSES

SAT 8:30–9:30AM

**NEW CLASSES MAY BE FORMED
BY CONTACTING ANGIE**

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

PILATES BEGINNER, CLASSES PRETEEN, OR TEEN

6 Wks
\$149

ask Angie for more info

847 362-5553

angied@lifesport.com



TRAINING FOR LIFE

FUNCTIONAL MOVEMENT CLASSES



Designed to improve your physical and mental health.
Initial class sign up is required

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.

TRAINING FOR LIFE TFL30 MINUTES

MONDAY	5:15–5:45PM
WEDNESDAY	5:15–5:45PM
THURSDAY	5:15–5:45PM
FRIDAY	11:30AM–12:00PM

LIFESPORT SENIOR

MONDAY	10:30–11AM
FRIDAY	10:30–11AM

TRAINING FOR LIFE TFL60 MINUTES

MONDAY	12–1PM	6–7PM
TUESDAY		6–7PM
WEDNESDAY	9–10AM	6–7PM
THURSDAY		6–7PM
FRIDAY	6–7AM	12–1PM
SATURDAY	9–10AM	

LIFESPORT SILVER

WEDNESDAY	10–11AM
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360 Athlete – a new way to train

Featuring gravity technique, torque, and vision training for all athletes:

- Train your brain to make quick, smart decisions during competition
- Improve throwing, kicking, and swinging while avoiding injury to hip, knee, ankle, lower back, shoulder, elbow and wrist
- Improve running and jumping through gravity technique training

Coming January 2020

YOGA BHOGA

LifeSport Athletic Club is proud to welcome Yoga Bhoga to Lincolnshire. Three class types are offered to Full, Premium, and Elite members. Fit and Seniors may upgrade to include yoga in their membership or pay a per time fee to attend. Members should check in at the front desk before heading to Studio 3 through the locker room. *Check the website for class descriptions.*

HATHA YOGA YIN YOGA GENTLE STRETCHY

DAY	TIME	DAY	TIME
WED	9:30-10:45AM	WED	6:30-7:45PM
SUN	10-11:15AM		
MON	9:30-10:45AM	THU	6:30-7:45PM



Our certified instructors teach safe, well-cued classes. **Experience one today!**

call or visit lifesport.com
for class days & times

POWER TUE/THU 8:45AM TUE 6:00PM SAT 8:30AM

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

RIDE TUE/THU 7:30AM

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!

CENTERGY MON/FRI 7:30AM MON/WED 6:00PM WED/SAT 9:45AM

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

CORE SUN 9:45AM WED 8:00AM THU 5:30PM FRI 8:45AM

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

R30 SUN 9:15AM MON/WED 5:30PM

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.

fight MON 8:45AM WED 8:30AM THU 6:00PM SAT 7:30AM

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

BOOTCAMP FRI 9:15AM

This 30-minute high intensity, results-oriented conditioning program trains the entire body with body utilizing intervals of cardio drills and strengthening exercises.

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?**

SILVER complete MON 10:15AM THU 11:00AM

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.

SILVER balance WED 11:00AM

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.

SILVER circuit TUE/THU 2:00PM

This class incorporates low-impact moves to help build coordination, flexibility, and balance, as well as increase muscle endurance and build bone density. An orientation with a trainer is required before attending a class.

schedule subject to change



Fencing is a competitive sport of strategy, skill, finesse and endurance. Fencing offers children and teens physical activity in a structured format and teaches life skills such as confidence, focus, decision making, and respect.

FOR JRS. AGES 8 THRU HIGH SCHOOL

BEGINNER FENCING

THU 6:30-8:00PM (sabre)

FRI 4:30-6:00PM (épée)

JUNIOR ADVANCED FENCING

SAT 11:00AM-1:00PM (sabre)

FRI 6:00-8:00PM (épée)

HIGH SCHOOL FENCING

SAT 1:00-3:00PM (sabre)

OPEN FENCING PRACTICE

WED 7:00-9:00PM

LFA provides the fencing equipment in our beginner classes. As skills improve and knowledge deepens, participants may purchase their own gear and weapons.

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 functional training. We offer full-service locker rooms, including towel service, with saunas.

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

MON–THU 6AM–10PM
FRI 6AM–9PM
SAT 7AM–6PM
SUN 7AM–7PM