

## *Junior Tennis*

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

*p. 4-9*

## *Personal Training*

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

*p. 14-15*

## *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. 16-19*



# *thanksgiving* **Club Championships**

FRI-SUN NOV 26-28  
*at the Libertyville Club*

**Adults Division**  
*starts Fri @ 5:00PM*

M/W Singles  
M/W Doubles

**Juniors Division**  
*starts Fri @ 9:00AM*

B/G Orange Ball  
B/G Green Dot  
B/G ≤14 Singles  
B/G ≤14 Doubles

**& junior players**  
*special events*

*register by Nov 22 @ 8PM*

# junior tennis

## ● RED BALL (ages 8 & 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. Racket skills are introduced along with the concept of cooperative drills.

LIBERTYVILLE	F1: AUG 14-OCT 24	F2: OCT 25-JAN 9
MON 4-5PM	\$261	\$290
WED 4-5PM	\$290	\$290
SAT 9-10AM	\$290	\$232
SUN 9-10AM	\$290	\$261
LINCOLNSHIRE	MEMBER	MEMBER
THU 4:30-5:30PM	\$290	\$261
SAT 10-11AM	\$290	\$232

## ● ORANGE BALL (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 14-OCT 24	F2: OCT 25-JAN 9
MON 4-5PM	\$333 / \$360	\$370 / \$400
WED 4-5PM	\$370 / \$400	\$370 / \$400
SAT 9-10AM	\$370 / \$400	\$296 / \$320
SUN 10-11AM	\$370 / \$400	\$333 / \$360
LINCOLNSHIRE	MEMBER / NON	MEMBER / NON
THU 4:30-5:30PM	\$370 / \$400	\$333 / \$360
SAT 10-11AM	\$370 / \$400	\$296 / \$320
SAT 11AM-12PM	\$370 / \$400	\$296 / \$320

## ● GREEN BALL (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 14-OCT 24	F2: OCT 25-JAN 9
MON 4-5PM	\$333 / \$360	\$370 / \$400
WED 4-5PM	\$370 / \$400	\$370 / \$400
SAT 10-11AM	\$370 / \$400	\$296 / \$320
SUN 11AM-12PM	\$370 / \$400	\$333 / \$360
LINCOLNSHIRE	MEMBER / NON	MEMBER / NON
SAT 10-11AM	\$370 / \$400	\$296 / \$320
SAT 11AM-12PM	\$370 / \$400	\$296 / \$320

## ▲ 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 14-OCT 24	F2: OCT 25-JAN 9
FRI 4:30-6PM	\$555 / \$600	\$444 / \$480
SAT 9-10:30AM	\$555 / \$600	\$444 / \$480
LINCOLNSHIRE	MEMBER / NON	MEMBER / NON
THU 5:30-7PM	\$555 / \$600	\$499. <sup>50</sup> / \$540
SAT 10AM-12PM	\$740 / \$800	\$592 / \$640

## ▲ GREEN BALL 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 14-OCT 24	F2: OCT 25-JAN 9
WED 4-5:00PM	\$370 / \$400	\$370 / \$400
FRI 4:30-6PM	\$555 / \$600	\$444 / \$480
SUN 11AM-12:30PM	\$555 / \$600	\$499. <sup>50</sup> / \$540
LINCOLNSHIRE	MEMBER / NON	MEMBER / NON
THU 5:30-7PM	\$555 / \$600	\$499. <sup>50</sup> / \$540

fall session 1

**Aug 14-Oct 24**

no class Sep 4-6

fall session 2

**Oct 25-Jan 9**

no class Nov 25-28;  
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 14-OCT 24	F2: OCT 25-JAN 9
TUE 4-5PM	\$370 / \$400	\$370 / \$400
THU 4-5PM	\$370 / \$400	\$333 / \$360
SAT 11AM-12PM	\$370 / \$400	\$296 / \$320
SUN 12-1PM	\$370 / \$400	\$333 / \$360
LINCOLNSHIRE	MEMBER / NON	MEMBER / NON
TUE 4:30-5:30PM	\$370 / \$400	\$370 / \$400
SAT 12-1PM	\$370 / \$400	\$296 / \$320

**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.

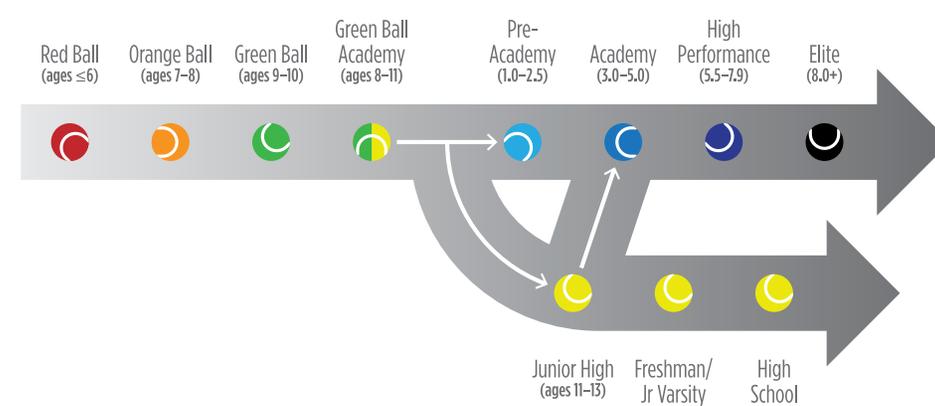
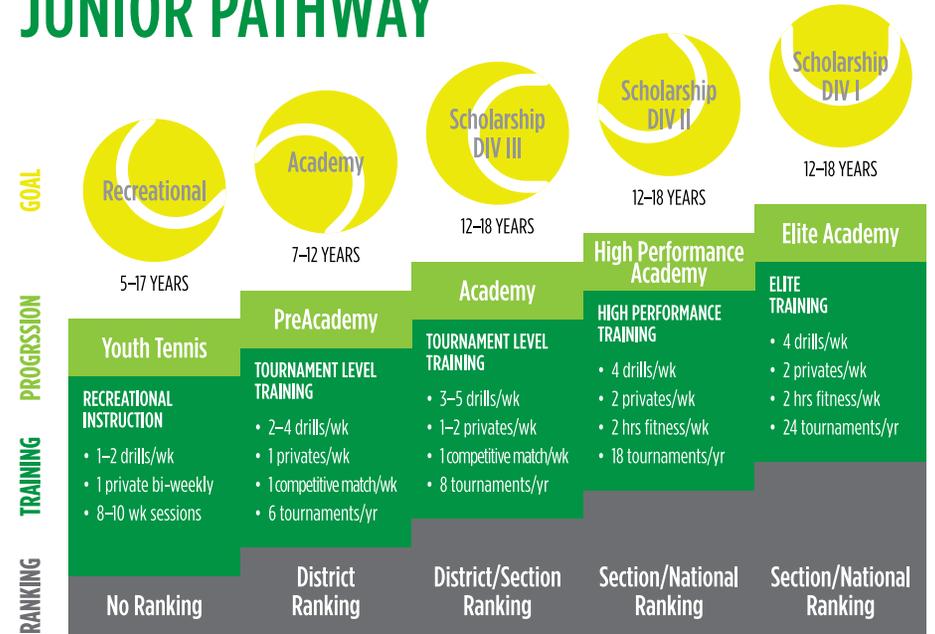
LIBERTYVILLE	F1: AUG 14-OCT 24	F2: OCT 25-JAN 9
TUE 4-5PM	\$370	\$370
THU 4-5PM	\$370	\$333
SAT 10:30AM-12PM	\$555	\$444
SUN 12:30-2:00PM	\$555	\$499.50

**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 14-OCT 24	F2: OCT 25-JAN 9
TUE 5-7PM	\$740	\$740
THU 5-7PM	\$740	\$666
FRI 7-9PM	\$740	\$592
SUN 2-4PM	\$740	\$666
LINCOLNSHIRE	MEMBER	MEMBER
TUE 5:30-7PM	\$555	\$555
SAT 1-2:30PM	\$555	\$444

LifeSport Athletic Club  
**JUNIOR PATHWAY**



*fall session 1*  
**Aug 14-Oct 24**  
*no class Sep 4-6*

*fall session 2*  
**Oct 25-Jan 9**  
*no class Nov 25-28;  
Dec 24-Jan 1*

# *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 road-map for success.

*season starts*  
**Aug 14**

## **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  
FRI 7:00-9:00PM  
SUN 2:00-4:00PM

### **LTA HIGH SCHOOL**

TUE 5:00-7:00PM  
THU 5:00-7:00PM  
FRI 7:00-9:00PM

### **LINCOLNSHIRE CLUB**

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

### **LTA BY INVITATION**

MON 7:00-9:00PM  
WED 7:00-9:00PM  
THU 7:00-9:00PM

For more information or for an evaluation, contact:

**Matt Gordon**

847 362-5553

[matt@lifesport.com](mailto:matt@lifesport.com)

**Bartek Jozwiak**

847 913-2000

[bartek@lifesport.com](mailto:bartek@lifesport.com)



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 7:00-8:30PM

FRI 4:30-6:00PM

### JUNIOR ADVANCED FENCING

SAT 11:00AM-1:00PM

FRI 6:00-7:30PM

### HIGH SCHOOL FENCING

SAT 1:00-3:00PM

### 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.

@ Libertyville

## adult tennis

### TENNIS ASAP (introductory tennis, previously Tennis 123)

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	AUG 30-SEP 26	SEP 27-OCT 24	OCT 25-NOV 21	NOV 22-DEC 23	JAN 2-JAN 30
WED 9-10AM	\$99/\$129	\$99/\$129	\$99/\$129	\$124/\$161	\$99/\$129
SUN 9-10AM	\$79/\$97	\$99/\$129	\$99/\$129	\$79/\$97	\$124/\$161
LINCOLNSHIRE	DROP IN MEM	DROP IN NON			
MON 9-10AM	\$30	\$40			
MON 3-4PM	\$30	\$40			
WED 9-10AM	\$30	\$40			
FRI 9-10AM	\$30	\$40			

**no class**

Sep 5-7, Nov 26-29,  
& Dec 24-Jan 1

### 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	AUG 30-OCT 10	OCT 11- NOV 21	NOV 22-JAN 16	JAN 17-FEB 27
TUE 7-8:30PM	\$306 / \$360	\$306 / \$360	\$357 / \$420	\$306 / \$360
WED 9-10:30AM	\$306 / \$360	\$306 / \$360	\$357 / \$420	\$306 / \$360
WED 7-8:30PM	\$306 / \$360	\$306 / \$360	\$357 / \$420	\$306 / \$360
SUN 10-11:30AM	\$255 / \$300	\$306 / \$360	\$306 / \$360	\$306 / \$360
LINCOLNSHIRE	MEM/NON	MEM/NON	MEM/NON	MEM/NON
SUN 8:30-10AM	\$255 / \$300	\$306 / \$360	\$306 / \$360	\$306 / \$360
MEMBERSHIP REQUIRED	PER TIME RATE			
MON 10-11:30AM	\$45			
FRI 10-11:30AM	\$45			

### CARDIO TENNIS

Cardio Tennis is a fun group activity and a great way for players to enjoy the game in about an hour, you can get an amazing workout, socialize, and enjoy tennis.

LINCOLNSHIRE	DROP IN MEM	DROP IN NON
THU 8:30-9:30AM	\$20	\$30

**no class**

Sep 5-7, Nov 26-29, Dec 24-Jan 1

### 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	\$54	\$49	\$294

### 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 1:30-3PM	\$44

### 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	\$38	\$33	\$330

### "41" CHALLENGE (multiple of 4 required)

A creative-scoring doubles competition that encourages high energy and intelligent shot selection. Coaches will make initial pairings (that will adjust after each game) and teams will compete 4-5 games throughout the hour.

LINCOLNSHIRE	DROP IN MEM	DROP IN NON
THU 12-1PM	\$20	\$30

### CO-ED DRILLS (membership required)

Join our weekly, high-intensity Co-ed Drill. Sessions will include warm-ups, singles drills and point play, and doubles drills and point play.

LINCOLNSHIRE	PER TIME RATE	COUPON RATE	COUPON BOOK (10)
BEGINNER SAT 8:30-10AM	\$45		
INTERMEDIATE TUE 7-9PM	\$54	\$49	\$294

### WOMEN'S DRILL & PLAY 3.0-4.0

For intermediate to advanced players. 1 hour of fast paced drills followed by an hour of doubles play.

LIBERTYVILLE	PER TIME RATE	COUPON RATE	COUPON BOOK (6)
FRI 12-2PM	\$54	\$49	\$294

### MEN'S DRILLS

Our longest running program for men. Come see why the guys love Thursday nights!

LIBERTYVILLE	PER TIME RATE	COUPON RATE	COUPON BOOK (6)
THU 7-9PM	\$54	\$49	\$294

### TEAM DRILLS (membership required)

These teams participate in weekly practices and/or matches.

LIBERTYVILLE	DAY	TIME	PER TIME RATE	COUPON RATE	COUPON BOOK (6)
WOMEN'S OPEN	TUE	9-11AM	\$54	\$49	\$294
WOMEN'S 4.5	TUE	11AM-1PM	\$54	\$49	\$294
WOMEN'S 4.0	MON	12-2PM	\$54	\$49	\$294
WOMEN'S 3.5/3.0	MON	10AM-12PM	\$54	\$49	\$294
WOMEN'S 3.0	THU	11AM-1PM	\$54	\$49	\$294
WOMEN'S MULTI	SUN	11:30AM-1:30PM	\$54	\$49	\$294
MEN'S 4.5+	WED	7-9PM	\$54	\$49	\$294

#### 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+	TUE	9:30-11:30AM	\$54	\$49	\$294
WMN'S PRO AM 3.5+	WED	10AM-12PM	\$36		

## 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**

**Jeff Clark** 847 913-2000

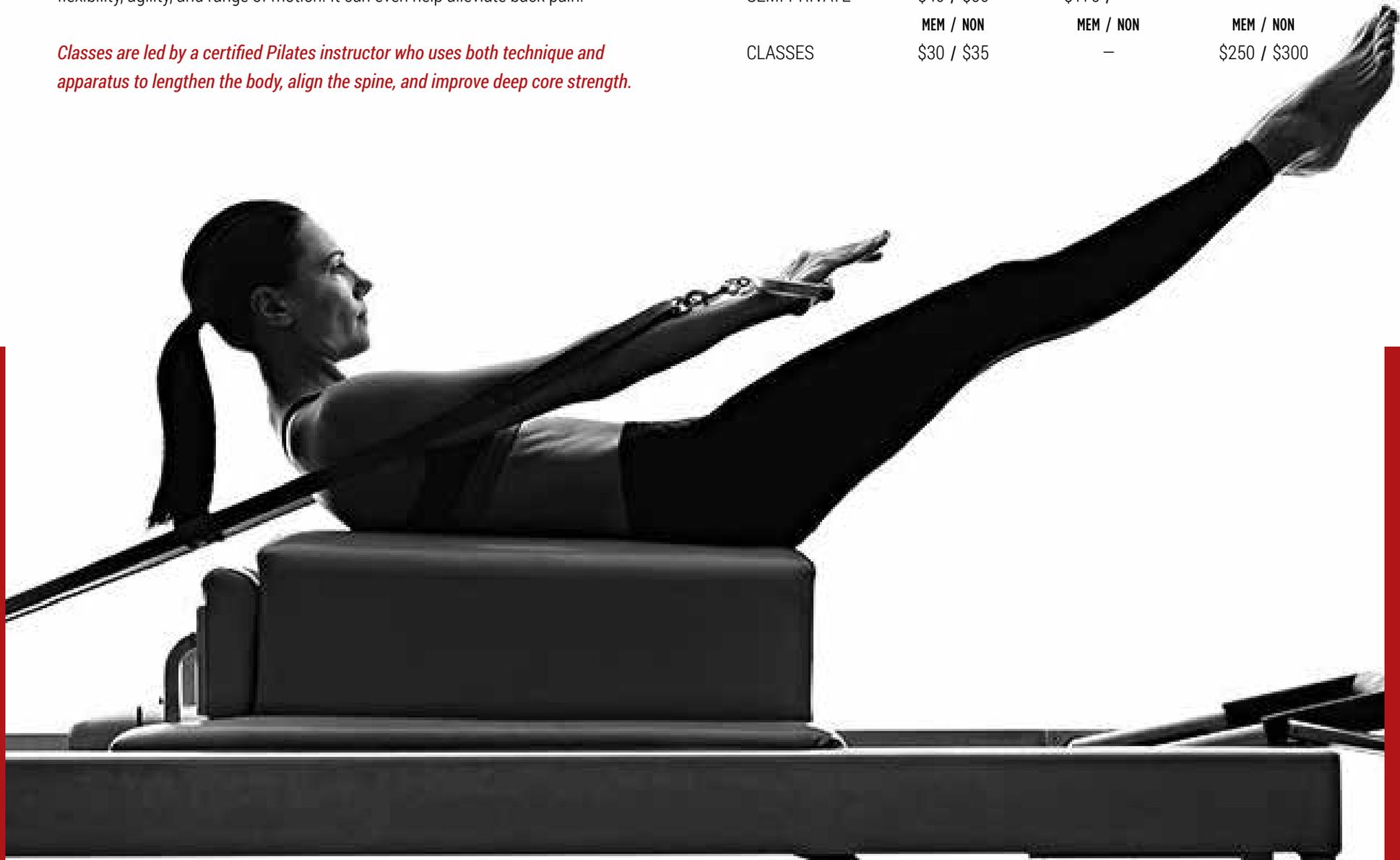
jpc@lifesport.com

# *pilates @ Libertyville*

Pilates dramatically transforms the way your body looks, feels, and performs. It builds strength without excess bulk, creating a sleek, toned body while improving flexibility, agility, and range of motion. It can even help alleviate back pain.

*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.*

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



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

## **POWER**

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

## **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!

## **CENTERGY**

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

## **CORE**

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

## **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.

## **fight**

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

## **BOOTCAMP**

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

## **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 cardiovascular floor exercises, weights, and mat work.

## **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.

## **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. An orientation with a trainer is required before attending a class.

***Trying to find the right class for you?***

***contact Angie 847 362-5553  
angied@lifesport.com***

# 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–FRI** 7AM–8PM 7AM–11PM Sep 14  
**SAT–SUN** 7AM–5PM



# 2021 FALL PROGRAMS