

Join us for the

Open House

of our new Expanded Fitness Center

Saturday, February 25
9 am - noon



2400 Chestnut Ave. (2nd floor)
Glenview (847) 657-3249

- Enter your name in a drawing for a free annual membership & other great prizes
 - New class demonstrations
 - Refreshments
- The first 500 guests will receive a goodie bag filled with fabulous items

Tour our new 3,600 square foot expansion!



Park Studio - home to Yoga and Pilates classes accommodating up to 30 participants in it's serene, temperature controlled environment.



Pilates Studio - providing an intimate and private setting to accommodate 4 people on state-of-the-art Pilates equipment.



Cycling/Multi-Purpose Room - window-filled 2,000 square foot room featuring Indoor Cycling classes, TRX, Heavy Bag Boxing, Circuits, Kettlebells, and more.