



February

FREE ways to celebrate Heart Health Month with us!

Members can join us for free opportunities to come together and strengthen your heart in more ways than one.

Group Fitness Discovery Series

Discover Yoga
Learn yoga basics.

Discover Dance Fitness
Learn the basics of dance fitness (Zumba, WERQ, cardio dance, etc.)

Discover Indoor Cycling
Learn how to set up your bike and the basics of indoor cycling.

Discover Pilates
Learn the basics of mat Pilates.

Try Personal Training

Strength Training
Learn the basics in supportive, beginner-friendly sessions.

Get a sweet treat!

Send a “sweaty selfie” to pchf.social@glenviewparks.org and tell us what you love most about Park Center Health and Fitness. You might be featured on social media!



SUN	MON	TUE	WED	THU	FRI	SAT
						01
02	03	04	05	06	07	08 Intro to Strength 11 am • Fitness Floor <i>Kathy</i>
09	10 Discover Pilates 11:45 am • Studio 2 <i>Nicole</i>	11	12 Discover Yoga 11:30 am • Studio 2 <i>Becky</i>	13 Discover Indoor Cycling 4:15 pm • Cycle Studio <i>Beth</i>	14 Bring a Buddy on Us!	15 Intro to Strength 11 am • Fitness Floor <i>Andy</i>
16	17 Discover TRX 4:15 pm • Studio 2 <i>Beth</i>	18 Discover Dance Fitness 11:30am • Studio 1 <i>Kristy</i>	19	20 Discover Yoga 4:15pm • Studio 2 <i>Becky</i>	21	22 Intro to Strength 11 am • Fitness Floor <i>Jordan</i>
23	24 Discover Pilates 11:45 am • Studio 2 <i>Nicole</i>	25 Discover Indoor Cycling 11:30am • Cycle Studio <i>Beth</i>	26	27 Discover Dance Fitness 11:30am • Studio 1 <i>Kristy</i>	28 Discover TRX 11:45am • Studio 2 <i>Beth</i>	

Call our Membership Team at 847-657-3249 or stop in to learn more. Open to Park Center Health and Fitness members only. Other restrictions may apply.