

inwood athletic club

Hours of Operation

Fitness Floor Hours

Monday – Thursday
4:30 am – 10:30 pm

Friday
4:30 am – 9 pm

Saturday
6 am – 6 pm

Sunday
7 am – 6 pm

Pool Hours

Monday – Friday
4:30 am – 9 pm

Saturday
6 am – 6 pm

Sunday
7 am – 6 pm

Kids Zone Child Care

Monday – Friday
7:45 am – 8:30 pm

Saturday
7:45 – 1 pm

Sunday
7:45 – noon

EFT (Electronic Funds Transfer) is available for a \$2/monthly fee with Annual Memberships only and requires a 12 month commitment.

Children 3 years of age and under are admitted to the pool for free with a facility approved swim pant, available at the Inwood Athletic Club Front Desk for an additional fee.

Kids Zone Child Care is available for our 1, 3 & 6 month membership holders. \$30 for 30 days, unlimited.

Club Membership

	Adult (13–61)	Senior (62+)
Annual	\$400 RDC/\$500	\$325 RDC/\$409
Add-On 1	\$285 RDC/\$330	\$265 RDC/\$310
Add-On 2 *	\$200 RDC/\$260	\$180 RDC/\$240
Add-On 3 *	\$150 RDC/\$205	\$130 RDC/\$185
Add-On 4+ *	Free	Free
6 Month	\$228 RDC/\$282	\$174 RDC/\$210
3 Month	\$123 RDC/\$154	\$93 RDC/\$111
1 Month	\$45 RDC/\$54	\$34 RDC/\$39
1 Week Pass	\$18 RDC/\$22	\$18 RDC/\$22
Day Pass	\$8 RDC/\$12	\$6 RDC/\$10

Club membership includes: fitness floor, group fitness, open swim, lap swim, aquatic fitness, public skating (*skate rental not included*), indoor track, access to public steam room and whirlpool (*must be 18 years or older to use*), body age assessment, and a 1 hour session with a personal trainer for equipment orientation. (*Members ages 13 – 15 are required to complete an equipment/etiquette orientation prior to working out.*)

* Additional add-ons must be 21 or under and reside at the primary account holder's residence; otherwise Add-On 1 rates apply.

Coupons and Corporate Discounts only apply to Annual Memberships.

Aquatics Membership

	Adult (13–61)	Senior (62+)	Youth (4–12) **
Annual	\$225 RDC/\$325	\$175 RDC/\$275	N/A
Add-On 1	\$150 RDC/\$175	\$125 RDC/\$150	\$100 RDC/\$125
Add-On 2 *	\$125 RDC/\$150	\$100 RDC/\$125	\$75 RDC/\$100
Add-On 3 *	\$100 RDC/\$125	\$75 RDC/\$100	\$50 RDC/\$75
Add-On 4+ *	Free	Free	Free
1 Month	\$27 RDC/\$37	\$19 RDC/\$30	\$17 RDC/\$28
Day Pass	\$6 RDC/\$8	\$4 RDC/\$6	\$4 RDC/\$6

Aquatics membership includes: open swim, lap swim, aquatic fitness and access to public steam room and whirlpool. Youth Aquatic Membership includes public skate.

* Additional add-ons must be 21 & under and reside at the primary account holder's residence.

** Youth aquatic memberships are only available with a primary adult/senior membership. An adult must remain on pool deck.

Corporate Discounts do not apply to Aquatics Membership.

Upgrades for Annual Memberships

Full Service Locker Room	\$300 with annual membership
Kids Zone Child Care	\$18 monthly with an annual membership (Walk-in rate is \$1.50 per hour per child)

Aquatics Schedule (New Pool Schedule Starts on November 28, 2011)

	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Lap Swim	7 – 10 am	4:30 am – 1 pm	4:30 – 11 am	4:30 am – 1 pm	4:30 – 10 am	4:30 am – 1 pm	6 – 8 am
Open Swim	10 am – 6 pm	1 – 5 pm	11 am – 5 pm	1 – 5 pm	10 am – 5 pm	1 – 9 pm	1:30 – 6 pm
Swim Lessons		5:30 – 7 pm	6 – 7:30 pm	5:30 – 7 pm	6 – 7:30 pm		8 am – 1:30 pm
Swim Team		5:30 – 6:30 am 4 – 9 pm	4 – 6 pm	5:30 – 6:30 am 4 – 9 pm	4 – 7 pm	5:30 – 6:30 am 4 – 7 pm	6 – 8 am

Open Swim

During this time the pool will be open for patrons of all ages. Children 12 years and under must be accompanied by an adult 18 years of age or older.

2 lanes will be open for lap swim at all times!

(except during competitive swim meets, special events or rentals)

Lap Swim

This time is designated for lap swimming and water walking. Two lanes of the eight lane pool will be available for lap swim at all times, with the only exception being a competitive swim meet, special event or rental.

Special Events & Programs

Swim with Santa (Ages 5 years to 12 years) at the Provena Saint Joseph Inwood Athletic Club Pool

Come swim with Santa at the Inwood Athletic Club Pool! Join us in our underwater reindeer games.

Program	Dates	Day	Time	Cost	Deadline
#4-9522-12	Dec 10	Sat	2:00 pm	\$10 RDC/\$15	Dec 3

New Year's Family Splash Bash (All ages) at the Provena Saint Joseph Inwood Athletic Club Pool

Splash your way into the new year at the Inwood Athletic Club Pool! Celebrate 2012 with exciting games and activities for the whole family.

Program	Dates	Day	Time	Cost	Deadline
#4-9523-12	Jan 1	Sun	11:00 am – 3:00 pm	\$4 RDC/\$6	Dec 28

Lifeguard Training (Ages 15 years and older) at the Provena Saint Joseph Inwood Athletic Club Pool

This combination of classroom activities and water skill sessions will prepare you to recognize and respond to emergencies. Upon successful completion of the class, participants will receive American Red Cross Lifeguarding/First Aid Certification (valid for 3 years) and CPR/AED Certification (valid for 2 years).

Program	Dates	Day	Time	Cost	Deadline
#5-9400-12	Jan 14 – 29	Sat/Sun	3:00 – 8:00 pm	\$175 RDC/\$195	Jan 11
#5-9401-12	Feb 11 – 26	Sat/Sun	3:00 – 8:00 pm	\$175 RDC/\$195	Feb 8
#6-9400-12	Mar 10 – 25	Sat/Sun	3:00 – 8:00 pm	\$175 RDC/\$195	Mar 7
#6-9401-12	Apr 14 – 29	Sat/Sun	3:00 – 8:00 pm	\$175 RDC/\$195	Apr 11

Underwater Easter Egg Hunt (Ages 5 years to 12 years) at the Provena Saint Joseph Inwood Athletic Club Pool

Egg hunters of all swimming abilities will have a chance to collect both floating and sunken eggs from the pool. Kids, be sure to bring your basket to retrieve as many eggs from the pool as you can and participate in an afternoon of exciting games and activities, in and out of water. Parents are welcome to stay and watch.

Program	Dates	Day	Time	Cost	Deadline
#6-9525-12	Mar 31	Sat	2:00 pm	\$10 RDC/\$15	Mar 28

Swim Lessons

Water Babies I & II (Ages 6 months to 3 years/Adult)

Parents, this program allows participants to explore and become comfortable in the water with you right by their side. Our instructor will guide you and your child through different aquatic activities and songs that promote water safety knowledge, aquatic adjustment, and swimming readiness skills. Classes will meet for a total of eight lessons. All children three years and under or children regularly diapered must wear facility approved, reusable swim pants. Swim pants will be available at the Provena Saint Joseph Inwood Athletic Club for \$6. *No Class April 7.*

All of our swim lesson instructors are American Red Cross certified Water Safety Instructors or Instructor Aides.

Call 815.741.7275 ext. 149 to schedule Private Swim Lessons with our American Red Cross Water Safety Instructors.

Water Babies I at the Provena Saint Joseph Inwood Athletic Club (*Pre-Requisite for Water Babies II*)

Program	Dates	Day	Time	Cost	Deadline
#5-9100-12	Jan 7 – Feb 25	Sat	9:00 – 9:30 am	\$50 RDC/\$65	Jan 4
#5-9101-12	Jan 10 – Feb 2	Tue/Thu	6:00 – 6:30 pm	\$50 RDC/\$65	Jan 6
#5-9102-12	Feb 7 – Mar 1	Tue/Thu	6:00 – 6:30 pm	\$50 RDC/\$65	Feb 3
#6-9100-12	Mar 10 – May 5	Sat	9:00 – 9:30 am	\$50 RDC/\$65	Mar 7
#6-9101-12	Mar 12 – Apr 4	Mon/Wed	5:30 – 6:00 pm	\$50 RDC/\$65	Mar 8
#6-9102-12	Mar 13 – May 1	Tue	6:00 – 6:30 pm	\$50 RDC/\$65	Mar 9
#6-9103-12	Apr 9 – May 2	Mon/Wed	5:30 – 6:00 pm	\$50 RDC/\$65	Apr 5

Water Babies II at the Provena Saint Joseph Inwood Athletic Club (*Water Babies I is a pre-requisite*)

Program	Dates	Day	Time	Cost	Deadline
#5-9104-12	Jan 7 – Feb 25	Sat	10:35 – 11:05 am	\$50 RDC/\$65	Jan 4
#5-9105-12	Jan 10 – Feb 2	Tue/Thu	6:00 – 6:30 pm	\$50 RDC/\$65	Jan 6
#5-9106-12	Feb 7 – Mar 1	Tue/Thu	6:00 – 6:30 pm	\$50 RDC/\$65	Feb 3
#6-9104-12	Mar 10 – May 5	Sat	10:35 – 11:05 am	\$50 RDC/\$65	Mar 7
#6-9105-12	Mar 12 – Apr 4	Mon/Wed	5:30 – 6:00 pm	\$50 RDC/\$65	Mar 8
#6-9106-12	Mar 13 – May 1	Tue	6:00 – 6:30 pm	\$50 RDC/\$65	Mar 9
#6-9107-12	Apr 9 – May 2	Mon/Wed	5:30 – 6:00 pm	\$50 RDC/\$65	Apr 5

Aqua Tots (Ages 3 years to 5 years)

This class is designed specifically for children ages 3–5. Your toddler will be introduced to basic swimming skills and water safety through fun aquatic activities. All children three years and under, or children regularly diapered must wear facility approved, reusable swim pants. Swim pants will be available at the Provena Saint Joseph Inwood Athletic Club for \$6. *No Class April 7.*

Aqua Tots at the Provena Saint Joseph Inwood Athletic Club

Program	Dates	Day	Time	Cost	Deadline
#5-9200-12	Jan 7 – Feb 25	Sat	9:00 – 9:30 am	\$50 RDC/\$65	Jan 4
#5-9201-12	Jan 7 – Feb 25	Sat	10:35 – 11:05 am	\$50 RDC/\$65	Jan 4
#5-9202-12	Jan 10 – Feb 2	Tue/Thu	6:00 – 6:30 pm	\$50 RDC/\$65	Jan 6
#5-9203-12	Feb 7 – Mar 1	Tue/Thu	6:00 – 6:30 pm	\$50 RDC/\$65	Feb 3
#6-9200-12	Mar 10 – May 5	Sat	9:00 – 9:30 am	\$50 RDC/\$65	Mar 7
#6-9201-12	Mar 10 – May 5	Sat	10:35 – 11:05 am	\$50 RDC/\$65	Mar 7
#6-9202-12	Mar 12 – Apr 4	Mon/Wed	5:30 – 6:00 pm	\$50 RDC/\$65	Mar 8
#6-9203-12	Mar 13 – May 1	Tue	6:00 – 6:30 pm	\$50 RDC/\$65	Mar 9
#6-9204-12	Apr 9 – May 2	Mon/Wed	5:30 – 6:00 pm	\$50 RDC/\$65	Apr 5

Learn-to-Swim (Ages 5 years to 12 years)

This American Red Cross instructional program covers swimming skills and water safety knowledge in a logical progression through six levels. Participants will be tested on the first day of class and placed into the appropriate level based on skill. Please be aware that it may take more than one session to advance a level. *No Class April 7.*

Learn-to-Swim at the Provena Saint Joseph Inwood Athletic Club

Program	Dates	Day	Time	Cost	Deadline
#5-9300-12	Jan 7 – Feb 25	Sat	9:40 – 10:25 am	\$50 RDC/\$65	Jan 4
#5-9301-12	Jan 7 – Feb 25	Sat	11:15 am – Noon	\$50 RDC/\$65	Jan 4
#5-9302-12	Jan 10 – Feb 2	Tue/Thu	6:45 – 7:30 pm	\$50 RDC/\$65	Jan 6
#5-9303-12	Feb 7 – Mar 1	Tue/Thu	6:45 – 7:30 pm	\$50 RDC/\$65	Feb 3
#6-9300-12	Mar 10 – May 5	Sat	9:40 – 10:25 am	\$50 RDC/\$65	Mar 7
#6-9301-12	Mar 10 – May 5	Sat	11:15 am – Noon	\$50 RDC/\$65	Mar 7
#6-9302-12	Mar 12 – Apr 4	Mon/Wed	6:15 – 7:00 pm	\$50 RDC/\$65	Mar 8
#6-9303-12	Mar 13 – May 1	Tue	6:45 – 7:30 pm	\$50 RDC/\$65	Mar 9
#6-9304-12	Apr 9 – May 2	Mon/Wed	6:15 – 7:00 pm	\$50 RDC/\$65	Apr 5

Adult Swim Lessons (Ages 18 years and older) at the Provena Saint Joseph Inwood Athletic Club Pool

It's never too late to learn to swim. Whether your goal is to improve your stroke or just be comfortable in the water our instructors will work with you to set and achieve your goal. *No Class April 7.*

Program	Dates	Day	Time	Cost	Deadline
#5-9310-12	Jan 7 – Feb 25	Sat	8:00 – 8:45 am	\$50 RDC/\$65	Jan 4
#6-9310-12	Mar 10 – May 5	Sat	8:00 – 8:45 am	\$50 RDC/\$65	Mar 7

Swim Teams



Swim Team Clinic (Ages 6 years to 18 years) at the Provena Saint Joseph Inwood Athletic Club Pool

Not sure if you are ready to join the team? This clinic will focus on stroke drills and refinement of the four competitive swim strokes; freestyle, backstroke, breaststroke, and butterfly. We will also review starts and turns. Swimmers should be able to swim one length of freestyle and backstroke.

Program	Dates	Day	Time	Cost	Deadline
#6-9450-12	Mar 5 – 9	Mon – Fri	5:00 – 6:45 pm	\$75 RDC/\$90	Feb 29

Jr. Blue Tides Spring/Summer 2012 Season (Ages 6 years to 18 years) at the Provena Saint Joseph Inwood Athletic Club Pool The Jr. Blue Tides swim team is for swimmers ages 6 – 18 years old interested in swimming competitively. Participants need to be able to swim 1 length of each of the 4 competitive strokes; freestyle, backstroke, breaststroke, and butterfly. **Team Informational Meeting is March 12 at 5:30 pm in the IAC Board Room.**

Program	Dates	Day	Time	Cost	Deadline
#6-9464-12	Apr 16	Various	Various	\$300 RDC/\$340	On-going

Blue Tides Masters Swim Team Summer 2012 Season (Ages 18 years and older) at the Provena Saint Joseph Inwood Athletic Club Pool The Blue Tides is a swim team for those 18 and older of all swim levels; fitness, competitive, and triathletes. A great way to get in shape and achieve your swimming goals with the camaraderie of a team and coached practices for motivation. All swimmers must be registered with US Masters Swimming within a month of joining the team.

Program	Dates	Day	Time	Cost	Deadline
#1-9461-13	May 1 – Oct 31	Mon/Wed/Fri Tue/Thu	5:30 – 6:30 am 6:00 – 7:00 pm	\$125 RDC/\$160	On-going

Scuba Classes & Certification

Bubble Maker (Ages 8 years to 10 years) at the Provena Saint Joseph Inwood Athletic Club Pool

This program is a great way to introduce children to the exciting under water world of Scuba Diving. Kids are provided with the opportunity to try out scuba diving in a highly supervised environment and will work with PADI instructors using equipment made just for them.

Program	Dates	Day	Time	Cost	Deadline
#5-9000-12	Jan 14	Sat	2:00 – 3:00 pm	\$30 RDC/\$40	Jan 11
#6-9000-12	Mar 10	Sat	2:00 – 3:00 pm	\$30 RDC/\$40	Mar 7

Discover Scuba (Ages 10 years and older) at the Provena Saint Joseph Inwood Athletic Club Pool

Participants will be introduced to scuba diving in a highly supervised and relaxed manner under the guidance of a PADI professional. New divers learn basic safety concepts, put on equipment, and swim around under water. If you enjoy the class the fee can be applied to Scuba Diving Certification.

Program	Dates	Day	Time	Cost	Deadline
#5-9002-12	Jan 14	Sat	3:00 – 4:00 pm	\$30 RDC/\$40	Jan 11
#6-9002-12	Mar 10	Sat	3:00 – 4:00 pm	\$30 RDC/\$40	Mar 7

Holiday Hours

Thanksgiving

Thursday, November 24

Club 7 am – 1 pm

Nursery 7:45 am – 11 am

Friday, November 25

Club 4:30 am – 9 pm

Nursery 7:45 am – 8:30 pm

Christmas

Saturday, December 24

Club 6 am – 1 pm

Nursery 7:45 am – 11 am

Sunday, December 25

CLOSED

New Year's

New Year's Eve

Saturday, December 31

Club 6 am – 1 pm

Nursery 7:45 am – 11 am

New Year's Day

Sunday, January 1

Club 7 am – 1 pm

Nursery 7:45 am – 11 am

Easter

Sunday, April 8

Club 7 am – 1 pm

Nursery 7:45 am – 11 am



Seriously FREE Classes for Inwood Athletic Club Members Only

Current schedules available online at inwoodathleticclub.com

Roll Out Your Aches and Pains (Ages 16 years and older)

Foam Rolling is becoming an effective way to warm up and cool down from exercise actively without the boredom some people feel when stretching. Stretching is good for you, but some of us tend to skip it more often than we should! Try this form of stretching not only for your muscles, but also all for your connective tissues that move you through your daily life and improve those little aches and pains as well. *Registration required. Held in the Inwood Athletic Club Studio I.*

Program	Dates	Day	Time	Cost	Deadline
#5-4661-12	Feb 12	Sun	8:00 am	FREE to members	Jan 28

FREE

Completely Core (Ages 16 years and older)

Still doing 100 crunches day after day and your abs aren't rock hard yet? Learn the truth about 6-pack abs, what works to improve the looks of your waistline, what is beneficial for core strength and what is a waste of time. This will be an informative class as well as a great workout! No *registration required. Held in the Inwood Athletic Club Studio I.*

Dates	Day	Time	Cost
Mar 1	Thu	7:00 pm	FREE to members

FREE

Special Programming

Inwood Athletic Club Monthly College Membership (Ages 17 years and older)

Membership valid for one month, member must supply residency and show a school ID. Valid December 2011 and January 2012 only.

Program	Dates	Cost	Deadline
#4-4008-12	Dec 1 – Jan 31	\$34 RDC/\$39	Jan 31

Yoga for Beginners (Ages 13 years and older)

Have you always wanted to take a yoga class but feel everyone in there already knows what they're doing and you'd be lost? Here's your chance to get the foundation for a great experience in yoga. Learn yoga style breathing and poses in this 4-week course and be ready for ongoing weekly classes upon completion. *Held in the Inwood Athletic Club Studio I.*

Program	Dates	Day	Time	Cost	Deadline
#5-4631-12	Jan 12 – Feb 2	Thu	7:00 pm	\$20 RDC/\$50	Jan 10

Group Fitness/Balancing Act (Ages 18 years and older)

A.C.E. Workshop for group fitness instructors and personal trainers. 0.3 CEC's provided. Assess your current program designs and develop new workouts that include variety in strength and balanced body exercises that result in a higher level of functionality with each movement. Learn to incorporate the necessary elements that provide smarter exercise that helps to avoid injury from overused exercises and under planned classes and workouts. Presented by: Mary Magee-Huth/A.C.E. Certified Personal Trainer and CEC provider, Head Personal Trainer for Provena Saint Joseph Inwood Athletic Club and Ass't. Fitness Coordinator. For more information call 815.741.7275 ext. 127 or email mmagee@jolietpark.org *Held in the Inwood Athletic Club Studio I.*

Program	Dates	Day	Time	Cost	Deadline
#5-4630-12	Jan 28	Sat	9:00 am – Noon	\$50	Jan 23

Special Programming (continued)

Are You Ready to Ramble? (Ages 13 years and older)

Beginner Runners want to run your first 10K? Join our group of novice runners and feel the success of your efforts at the Rockdale Ramblin' Run on April 14, 2012. This 8-week training program will get you ready to Ramble and Run. First meeting is Tuesday February 21 at 6:30 pm in IAC Board Room with the first short run scheduled for Thursday, February 23. Join the fun and feel the success!

Program	Dates	Day	Time	Cost	Deadline
#5-4670-12	Feb 21	Tue	6:30 pm	\$35 RDC/\$45	Feb 21

Semper Fit Boot Camp (Ages 18 years and older)

If you are serious about getting in the best shape of your life then Semper Fit Boot Camp is for you! This intense marine-based program produces results by pushing you harder than you can push yourself. Our motivating instructors will challenge you to improve your personal best. All participants must attend an informational meeting where they will receive the program rules and schedule. Use of Provena Saint Joseph Inwood Athletic Club is included for the length of the program. It's not where you start; it's where Semper Fit Boot Camp will take you! *Held in Multi-Purpose Center and ATI Field at Joliet Memorial Stadium.*

The Mandatory Informational Meeting will be held Wednesday, February 22, 2012 at 6 pm or Saturday, February 25, 2012 at 9 am in the Inwood Athletic Club Board Room.

Program	Dates	Day	Time	Cost	Deadline
#6-4506-12	Mar 19 – May 25	Mon – Fri	Varies	\$289 RDC/\$399	Mar 19

Command Fitness (Ages 13 years and older)

This all-level boot camp style fitness program was created for those who want to be (more) fit! A motivated and energetic group environment is created so that each individual, through hard work and dedication, rises to their potential to reach their fitness goals! This six-week program includes 5 workouts per week (including yoga) with a personal trainer in addition to nutritional guidance with a certified nutrition coach. Class size is limited to 25! Call Erin at 815.741.7275 ext. 215 with any questions. *Held in Inwood Park and ATI Field at Joliet Memorial Stadium.*

Informational Meeting/Pre-Test Thursday, March 22, 2012
 Program Runs Monday, March 26 – Thursday, May 3, 2012
 Post-Test Tuesday, May 8, 2012

Program	Dates	Day	Time	Cost	Deadline
#6-4541-12	Mar 26 – May 3	Mon – Thu	Evenings	\$149 RDC/\$199	Mar 22



Active Older Adult Programming

50+ Fitness Fusion (Ages 50 years and older)

Improve your cardiovascular endurance and muscular strength in this guided interval/circuit class designed for the older adult. Class is suited to your needs on the equipment. Go at your own pace and use the weight that is right for you! *Meet at the Inwood Athletic Club Fitness Desk. Free to IAC Members.*

Program	Dates	Day	Time	Cost	Deadline
#4-4600-12	Dec 13 – Feb 9	Tue/Thu	Noon – 1:00 pm	Free to Members/\$40	
#4-4601-12	Dec 13 – Feb 9	Tue/Thu	1:00 – 2:00 pm	Free to Members/\$40	
#5-4600-12	Feb 14 – Apr 5	Tue/Thu	Noon – 1:00 pm	Free to Members/\$40	
#5-4601-12	Feb 14 – Apr 5	Tue/Thu	1:00 – 2:00 pm	Free to Members/\$40	
#6-4600-12	Apr 10 – Jun 7	Tue/Thu	Noon – 1:00 pm	Free to Members/\$40	
#6-4601-12	Apr 10 – Jun 7	Tue/Thu	1:00 – 2:00 pm	Free to Members/\$40	

Personal Training

Program	Individual	Group (2 clients)	Large Group (3 – 5)
(1) 1 hour session	\$50	\$75	
(5) 1 hour sessions	\$225	\$350	
(10) 1 hour sessions	\$425	\$650	\$250 per person

Half hour sessions for individuals are also available. Inquire at the fitness desk for more information.

Nutrition Services

Individualized Nutritional Counseling (Ages 13 years and older)

Is all the latest information about what are the best foods to eat overwhelming and causing you confusion when it comes to food choices? Were you recently diagnosed with high blood sugar and want to take control of your eating before it takes control of you? Is your training for a sport or an event just not hitting the mark? Meet with one of our Nutrition Coaches to set up a plan for you to reach your health and fitness goals.

Program	Description	Cost
#0-4064-00	Initial Assessment	\$80 Member/\$120
#0-4064-01	Follow-up Session	\$35 Member/\$45
#0-4064-05	Package of 5 (includes Initial Assessment)	\$200 Member/\$250

Personalized Nutritional Coaching (Ages 13 years and older)

Inwood Athletic Club *members*, hire a Nutrition Coach to help achieve your health and fitness goals! A Nutrition Coach will meet with you for a 1 hour initial consultation to set up your plan of action. Progress is then monitored weekly. The final week concludes with an assessment of your progress and determination of your next steps.

Program	Description	Cost
#0-4065-01	First Month	\$99 Members Only
#0-4065-02	Following Months	\$75 per month/Members Only

Get Tested with New Leaf

New Leaf Metabolic Testing (Ages 18 years and older)

Metabolic Assessment - A Personalized Metabolic Assessment allows you to develop a workout strategy to obtain the results YOU want. During this 20 – 30 minute test, you will learn your resting metabolic rate; your required calories; your calories burned; your fuel consumption; your base heart rate; your threshold heart rate and your fat-burning efficiency. The fee covers the assessment, supplies, 12-week exercise program, 1 year eNewLeaf subscription, consultation with a New Leaf trainer and metabolic specialist.

Assessment Day is January 21, 2012

Appointment time to be determined at registration. For more questions call 815.741.7275 ext. 201

Program	Dates	Day	Time	Cost	Deadline
#5-4675-12	Jan 21	Sat	Various	\$175 RDC/\$200	Jan 14

NEW!

Turn Over a New Leaf (Ages 18 years and older)

Turn Over a New Leaf to a New YOU in 2012. Beginning with the New Leaf Metabolic Assessment (on January 21, 2012), Turn Over a New Leaf will utilize your personal results and incorporate 12 weeks of nutritional guidance and body measurement to reach your health and fitness goals for 2012. Participants will meet as a group every other week during the program starting Monday, January 23, at 6:30 pm and will have constant access to nutrition and fitness guidance to successfully implement the fitness program suggested in the New Leaf assessment. Fee includes the New Leaf assessment and all it offers, nutritional assessment, body measurements and group support. Participants will schedule their New Leaf assessment and body measurements appointment on January 21, 2012 (assessments last 30 – 40 minutes). For more information call 815.741.7275 ext 201.

Program	Dates	Day	Time	Cost	Deadline
#5-4676-12	Jan 23 – Apr 9	Mon	6:30 – 7:30 pm	\$190 RDC/\$225	Jan 14
(Every other Monday – Jan 23, Feb 6, Feb 20, Mar 5, Mar 26, Apr 9)					

NEW!

Our Annual Turn Back the Clock Contest Returns!



The contest everyone wants to get in and win! If you are chosen to be on a team you can expect 6 weeks of personal training, nutritional guidance, and phenomenal health improvements (heart health, weight loss, strength gain and improved flexibility).

There will be one male and one female overall winner based on percentage of body fat loss, weight loss, cardio health and strength gains that receives 1 full year membership to the Provena Saint Joseph Inwood Athletic Club. Teams will compete with fun fitness games to win a 6 month membership for all members of the winning team.

Sign Me Up – Where Do I Register to be Selected?

Members can register at www.inwoodathleticclub.com and non-members can register at www.wjol.com. Listen to Scott Slocum weekday mornings on 1340 WJOL for more information about Turn Back the Clock. **Registration begins December 5, 2011.**

Shape Up for Shorts!

Worried about getting into your summer shorts & swimsuits?

Get your body ready for summer by joining our Shape Up for Shorts Contest!

Members will gather points by participating in a variety of club programs; the top 10 point earners will be awarded various prizes. Look for more details in the club as spring draws near.

FREE to Members!

INTENCITY FITNESS

LIFE IS A SPORT WORTH training for

Are you interested in building lean muscle and core stability while improving your cardiovascular endurance, balance and flexibility? Do you enjoy working out and training in a high energy, upbeat, invigorating atmosphere? If your answer is yes, then INTENCITY FITNESS is for you.

Come experience this unique, group fitness setting where giving it your all is the name of the game. A variety of workouts are offered to help you breakthrough a plateau, get to the next level and unleash your fitness potential. Participants of all fitness levels are welcome. Remember: there is no pause button, just an INTENCITY switch.

Intencity Fitness Workouts

Horizontal Training

A one of a kind workout designed to define and tone your body from head-to-toe from the inside out. A unique and challenging way of using mainly your body weight with a few props for resistance. Get lean muscles without the bulk. Horizontal training: "it's core and so much more."

Super Circuit

Get a total body workout experience with Super Circuit. This high energy, effective interval training combines athletic conditioning movements with strength, stabilization and cardio exercises. Results from this style of high/low strength and stamina training are remarkable. **WARNING:** These upbeat workouts are very addictive.

Kickin' Cardio

Ready to start moving? This invigorating workout will not only get you to, but also keep you in your fat burning zone. Training combines basic cardio equipment (treadmill, bike, etc.) with continuous movement exercises (agilities, calisthenics, drills, etc.) Experience an endorphin high like no other while en route to superior cardio fitness.

30 'n' Go

Want a great workout but don't have the time? Look no further. This efficient 'to the point' training session will get the job done so you can be on your way. Anything in the INTENCITY FITNESS arsenal is fair game with this workout. TRX®, weights, cardio, horizontal training, and circuit training are just some of the possibilities. Regardless of what the instructor has planned for your session, count on getting an amazing workout in 30 minutes.

That's B.S.!

It's time to lift. Body Strength (B.S.) brings the best weight room exercises to the group fitness setting. You choose the weight, we choose the reps. This workout will push you to the limit and leave you begging for more. Be prepared to work. Here we go!

TRX®

Suspension training. A revolutionary method of leveraged body-weight exercise. Hundreds of exercises that build power, strength, flexibility, balance, mobility and core stability. Won't be long before you're hooked on this style of training and the results that follow.

Located in Provena Saint Joseph
Inwood Athletic Club, 3000 W Jefferson St,
Joliet, Illinois 60435

Questions?

Email intencityfitness1@hotmail.com

JOIN INWOOD RUN CLUB

Live up to your personal best with the club that gives you the camaraderie and confidence to succeed!



Club Benefits

- 1** Discount on Joliet Park District Races (20%)
- 2** Outdoor runs at various locations and times
- 3** Speed Training, Yoga for Runners, Pilates, Corrective Exercises and Strength Training Classes
- 4** Specialized lectures/workshops
- 5** Special logo t-shirt
- 6** Social get-togethers
- 7** Banquet honoring member's accomplishments

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
Hot, cold, rain or snow we will run!		AM Runs & Evening Speed Training		AM Runs, Evening Runs, Specialty Classes, Training Info	Every Thursday Milecap at Traditions	Weekend Races & Pub Runs
		Evening Trail Runs				

SAMPLE CALENDAR

MEMBERSHIP DETAILS

**\$75/Provena Saint Joseph
Inwood Athletic Club members
\$125 non-members
(program #2-2470-12)
Valid to August 13, 2012
Ages 13 years and older**

ALL PHYSICAL THERAPY IS NOT THE SAME



Tim Sharp, PT, DPT on-site therapist from Provena Saint Joseph Medical Center. Located on the 2nd floor of the Provena Saint Joseph Inwood Athletic Club.



A Service of Provena Saint Joseph Medical Center

Getting back to your active lifestyle should not be left to chance. Be sure to compare the experience of our therapists, the breadth of our services and the fact that we're supported by a major medical center. **Best of all we have a location right in the Provena Saint Joseph Inwood Athletic Club.** We excel at treating sport and athletic injuries. Visit www.provena.org/stjoes/therapy

FOR MORE INFORMATION OR TO MAKE AN APPOINTMENT CALL 815.741.7263

Registration is requested, as classes fill-up quickly. Register today!

Dare to Care

Peripheral vascular disease (PVD) is a serious condition that affects millions of Americans. A common symptom is pain or numbness in the legs. PVD is often a sign that you have narrowed arteries in the heart and brain, which can lead to a heart attack or stroke. Early detection for PVD can literally save your life. We offer a FREE lecture & comprehensive screening. You may qualify if you meet the risk criteria and are not under the care of a cardiologist. We hold four screenings per year. Call 815.725.9438 for dates and to register to register.

Heart Scan

Take a scan that could save your life.

Most people who die from a heart attack had no previous symptoms. The Provena Heart Scan is a quick and easy procedure that tests those who may be at risk, even though they may be symptom-free. The CT images provide high-resolution pictures of your heart's vessels and measure the calcium and plaque build-up that lead to heart disease. A radiologist reviews your results and a score is provided to you and your physician. Warning signs of heart disease can assist your physician in recommending treatment or lifestyle changes that can slow, stabilize, or even reverse heart disease. The cost of the test is \$99. To register call 815.725.9438.

Join Senior Spirit!

Provena Saint Joseph Medical Center's Senior Spirit Program is designed to help you continue to live a healthy lifestyle. Our medical, educational, and social programs are a great way to learn more about your health, wellness, and how to maintain an independent lifestyle! This program is free to individuals 55 and older and/or those with original Medicare Parts A and B or Medicare Advantage. To join call 815.741.7666

Senior Spirit Healthy Bingo

January 18, 2011

2 – 4 PM

Join us at the Provena Saint Joseph Medical Center (in Auditorium A) for a fun and informative game of Healthy Bingo! For the main event there will be a seminar on Laughter Yoga Therapy. So relax, have fun and learn something about staying healthy. Call 815.725.9438 to register.