

# Fitness Specialty Programs

## Kenpo Bootcamp

Are you looking to defend yourself? Perhaps build your self-esteem? Or get an exciting and intense workout? Come join our 6 week kickboxing class where you can reach your own personal goals and not have the feeling like you are in competition with others. In our Kenpo Kickboxing class, you will learn and develop the skills of Kickboxing and Self Defense. While building the confidence and getting a great cardio workout that comes along with it.

**FEE:** Member: \$45 Resident \$50 Non-Resident \$55 (Once a week for 6 weeks)  
**OR** Member: \$7.50 Resident \$8.00 Non-Resident \$9.00 (Per Class)

### FREE TRIAL DATES:

**LOCATION:** Community Center  
**AGE:** 17 & older (6 to 12 year olds on Sat. 11 am - Noon)  
**TIME:** 6:00 to 7:00 pm (**Tues.**)  
 11:00 am to 12:00 pm (**Sat.**)

**DAY/DATE:** **Tuesday:** January 10, February 28, & April 17  
**Saturday:** January 14, March 3, & April 21  
 (Do not need to sign up for FREE TRIAL classes)

**INSTRUCTOR:** Tyrone Davis  
**PROGRAM #:** 340807-01 (I)  
 340807-02 (II)  
 340807-03 (III)

**LOCATION:** Community Center (Glass Room)  
**AGE:** 17 & older  
**TIME:** 6:00 pm to 7:00 pm  
**DAY/DATE:** **Tuesday:** January 17 - February 21 (I)  
**Tuesday:** March 6 - April 10 (II)  
**Tuesday:** April 24 - May 29 (III)

**REG. DEADLINE:** One week prior to start date  
**INSTRUCTOR:** Tyrone Davis  
**PROGRAM #:** 320801-01 (I)  
 320801-02 (II)  
 320801-03 (III)

**LOCATION:** Community Center (Glass Room)  
**AGE:** 6 to 12 year olds  
**TIME:** 11:00 am to 12:00 pm  
**DAY/DATE:** **Saturday:** January 21 - February 25 (I)  
**Saturday:** March 10 - April 14 (II)  
**Saturday:** April 28 - June 2 (III)

**REG DEADLINE:** One week prior to start date  
**INSTRUCTOR:** Tyrone Davis



# DO IT TODAY

If you wait until the last minute to register, the program or class you want may not be there. At some point, we have to determine if enrollment is sufficient to hold the class.

Wait too long and the class may have been canceled due to low enrollment. So save a class.

**REGISTER BY THE REGISTRATION DEADLINE!**

# DON'T DELAY

# MATTESON LOSERS

**New!**

## Matteson Losers!

Have you ever wanted to be on the Biggest Loser? Now's your chance to partake in Matteson's version of the hit show! The Matteson Losers will help you lose weight and get healthy. This fun and challenging 8 week program will meet twice a week with a certified personal trainer. Workouts will consist of strength training, cardio, and core work. Your trainer along with your teammates, will help you reach your fitness goals. To win this competition your team has to have the highest body percent weight loss. Along with a team winner there will also be a male and female winner. At the first session each participant will receive a t-shirt & a body assessment.

**FEE:** Member: \$210 Resident \$225 Non-Resident \$240. **LIMIT:** Min 3/Max 6

(THERE ARE NO MAKE-UP CLASSES)

**PROGRAM #:** 340808-01  
**LOCATION:** Community Center  
**AGE:** 14 & Older  
**TIME:** 8:30 am - 9:30 am  
**DAY/DATE:** **Mon & Wed**  
 January 9 - February 29  
**REG. DEADLINE:** **Monday,** January 2  
**TRAINER:** Heather

**PROGRAM #:** 34808-02  
**LOCATION:** Community Center  
**AGE:** 14 & Older  
**TIME:** 6:00 pm - 7:00 pm  
**DAY/DATE:** **Mon & Wed**  
 January 9 - February 29  
**TRAINER:** Damien

**REG. DEADLINE:** **Monday,** January 2  
**PROGRAM #:** 34808-03  
**LOCATION:** Community Center  
**AGE:** 14 & Older  
**TIME:** 8:30 am - 9:30 am  
**DAY/DATE:** **Tues & Thurs**  
 January 10 - March 1  
**TRAINER:** Gigi

**REG. DEADLINE:** **Tuesday,** January 3  
**PROGRAM #:** 34808-04  
**LOCATION:** Community Center  
**AGE:** 14 & Older  
**TIME:** 6:00 pm - 7:00 pm  
**DAY/DATE:** **Tues & Thurs**  
 January 10 - March 1  
**REG. DEADLINE:** **Tuesday,** January 3  
**TRAINER:** Lester

**PROGRAM #:** 34808-05  
**LOCATION:** Community Center  
**AGE:** 14 & Older  
**TIME:** 6:00 pm - 7:00 pm  
**DAY/DATE:** **Wed & Sat**  
 January 11 - March 3  
**REG. DEADLINE:** **Wednesday,** January 4  
**TRAINER:** Lorene

# Fitness Specialty Programs

## Intro To Yoga

Have you always wanted to try Yoga? Are you looking for ways to improve your flexibility, reduce your stress and increase your energy? Attend this beginner's class that will introduce you to the benefits of Yoga. This workshop will focus on breathing, beginner poses and relaxation. It is recommended that you bring a Yoga mat. Plan to do the Yoga in bare feet and try not to eat right before class. In-person or phone registration (441-4500) is required by the registration deadline. Space is limited.

**PROGRAM #:** 340805-01  
**LOCATION:** Community Center (Dance Studio)  
**AGE:** 14 & Older  
**TIME:** 7:00 pm - 8:00 pm  
**DAY/DATE:** Wednesday, January 18  
**REG. DEADLINE:** Wednesday, January 11  
**FEE:** FREE ADMISSION  
**INSTRUCTOR:** Eileen Olson

## Yogalites

This class incorporates the core strength and muscle isolation of Pilates with the stretching, balancing and relaxation of yoga. Transform your body with a series of Pilate's exercises and yoga postures. This entire body workout will strengthen muscles, improve posture and tone the abdomen and back. Please bring a water bottle and Yoga mat.

**PROGRAM #:** 340803-02 (I)  
 340803-03 (II)  
 340803-04 (III)  
**LOCATION:** Community Center (Dance Studio)  
**AGE:** 14 & Older  
**TIME:** 6:00 - 7:00pm  
**DAY/DATE:** January 25 - February 29 (I)  
 March 7- April 11 (II)  
 April 18 - May 23 (III)  
**REG. DEADLINE:** One week prior to start date  
**FEE:** Member: \$46 Resident \$51 Non-Resident \$56  
**LIMIT:** Min 4/Max 12  
**INSTRUCTOR:** Eileen Olson



## Hatha Yoga

Yoga is for flexibility, strength, postural alignment, stress reduction, increased energy, overall health and self awareness. Classes will include yoga asanas (postures), breathing practices and relaxation techniques. Yoga is done in bare feet. Please remember to bring a yoga mat, wear loose-fitting clothes, do not wear any strong fragrance, no cell phones and try not to eat for two hours prior to class. This class is for all levels of experience. Beginners are welcome.

**PROGRAM #:** 340804-02 (I)  
 340804-03 (II)  
 340804-04 (III)  
**LOCATION:** Community Center (Dance Studio)  
**AGE:** 14 & Older  
**TIME:** 7:15 - 8:15pm  
**DAY/DATE:** January 25 - February 29 (I)  
 March 7 - April 11 (II)  
 April 18 - May 23 (III)  
**REG. DEADLINE:** One week prior to start date  
**FEE:** Member: \$46 Resident \$51 Non-Resident \$56  
**LIMIT:** Min 4/Max 12  
**INSTRUCTOR:** Eileen Olson



## Power Yoga

Experienced yoga instructor of 12 years, Lisa Haynes combines a variety of yoga styles, that burn calories as you become stronger, more flexible, improve balance, coordination, and release stress! Come awake your power house within! All fitness levels welcome.

**ACTIVITY #:** 340813-01  
**LOCATION:** Community Center (Dance Studio)  
**AGE:** 18 & up  
**TIME:** 5:00-6:00pm  
**DAY/DATE:** Tuesday, February 14 - March 20  
**FEE:** Member \$50 Resident \$55 Non-Resident \$60  
**INSTRUCTOR:** Lisa Haynes

**ACTIVITY #:** 340813-02  
**LOCATION:** Community Center (Dance Studio)  
**AGE:** 18 & up  
**TIME:** 11:30 am - 12:30 pm  
**DAY/DATE:** Friday, February 17 - March 23  
**FEE:** Member \$50 Resident \$55 Non-Resident \$60  
**LIMIT:** Min 5/Max 12  
**INSTRUCTOR:** Lisa Haynes



## Booty Beat

When flirty, fabulous dance meets choreography with a purpose; the result is a FUN, effective way to condition the entire body inside and out. The Flirty Girl Fitness(tm) program, Booty Beat, is a cardio intensive outrageously entertaining dance-based class that works the entire body. Using the easy to learn Flirty Girl Foundation Moves, participants will quickly "own" the movement and experience the fabulous feeling that dancing gives you, while reaping the benefits of strength and cardiovascular exercise all in one class. Created for Women by Women! Get Fit, Have Fun, Be Fabulous!

**PROGRAM #:** 340809-01  
**LOCATION:** Community Center (Glass Room)  
**AGE:** 14 & older  
**TIME:** 7:15 to 8:15 pm  
**DAY/DATE:** Tuesday, January 31st  
**REG. DEADLINE:** Tuesday, January 24th  
**FEE:** FREE TRIAL  
**LIMIT:** Min 6/Max 15  
**INSTRUCTOR:** Victoria Knox

**PROGRAM #:** 340809-02 (I)  
 340809-03 (II)  
**LOCATION:** Community Center (Glass Room)  
**AGE:** 14 & older  
**TIME:** 7:15 to 8:15 pm  
**DAY/DATE:** February 7 - March 20 (I)  
 (No class February 28)  
 March 27 - May 1 (II)  
**REG. DEADLINE:** One week prior to start date  
**FEE:** Member: \$30 Resident \$35 Non-Resident \$40  
**LIMIT:** Min 6/Max 15  
**INSTRUCTOR:** Victoria Knox

# Fitness Specialty Programs

**New!**

## Kid's Cardio Blast

Get your kids movin' & shakin!! Getting active and in shape indoor's and outdoor's with safe cardio exercises & nutrition information that will help to get them healthier from head to toe! This co-ed class is for all fitness levels.

**PROGRAM #:** 320802-01  
**LOCATION:** Community Center (Dance Studio)  
**AGE:** 5-11 years  
**TIME:** 11:15 am to 12:00 pm  
**DAY/DATE:** Saturday, February 11 - March 17  
**REG. DEADLINE:** Saturday, February 4th  
**FEE:** Resident \$50 Non-Resident \$60  
**LIMIT:** Min 5/Max 12  
**INSTRUCTOR:** Lisa Haynes



**New!**

## Cardio Youth Fit

Get your teens in shape with safe cardio and weight/toning exercises along with nutrition information to help them improve overall fitness. This class will help you develop healthier eating habits & build self esteem. This co-ed class is for all fitness levels.

**PROGRAM #:** 330802-01  
**LOCATION:** Community Center (Dance Studio)  
**AGE:** 12 - 17 years  
**TIME:** 11:15 am to 12:00 pm  
**DAY/DATE:** Saturday, March 24 - April 28  
**REG. DEADLINE:** Saturday, March 17  
**FEE:** Resident \$50 Non-Resident \$60  
**LIMIT:** Min 5/Max 12  
**INSTRUCTOR:** Lisa Haynes

**New!**

## Body Bootcamp

This program is the sports-inspired cardio workout for building strength and stamina. This high-energy class combines athletic aerobic conditioning and drills created in circuits, movements with strength, and stabilization exercises. Dynamic and powerful music is used to motivate everyone toward their fitness goals-from the weekend athlete to the hard-core competitor!

**ACTIVITY #:** 340810-01  
**LOCATION:** Community Center (Gym)  
**AGE:** 14 & Older  
**TIME:** 6:30-7:30 pm  
**DAY/DATE:** Tuesday, January 10  
**FEE:** FREE  
**INSTRUCTOR:** Lorene Skipper-Foy

**ACTIVITY #:** 340810-02  
**LOCATION:** Community Center (Gym)  
**AGE:** 14 & Older  
**TIME:** 6:30-7:30 pm  
**DAY/DATE:** Tuesday, January 17 - February 21  
**FEE:** Member \$50 Resident \$55 Non-Resident \$60  
**LIMIT:** Min 5/Max 20  
**INSTRUCTOR:** Lorene Skipper-Foy

**New!**

## Weekday R N R

Relax and restore in this stretching and meditation workshop that offers you the chance to have a meaningful and purposeful relaxation session as an entire class. This foam roller technique works your entire body as it enhances precise control of each muscle through balance and coordination. The breath is revisited in order to adapt to the increased work effort. The results are immediate, sweat less and amazing.

**ACTIVITY #:** 340811-01  
**LOCATION:** Community Center (Glass Room)  
**AGE:** 18 & Older  
**TIME:** 11:00 - 11:45 am  
**DAY/DATE:** Tuesday, February 14  
**FEE:** FREE  
**INSTRUCTOR:** Lorene Skipper-Foy

**ACTIVITY #:** 340811-02  
**LOCATION:** Community Center (Glass Room)  
**AGE:** 18 & Older  
**TIME:** 11:00 - 11:45 am  
**DAY/DATE:** Tuesday, February 21 - March 27  
**FEE:** Member \$50 Resident \$55 Non-Resident \$60  
**LIMIT:** Min 5/Max 20  
**INSTRUCTOR:** Lorene Skipper-Foy

**New!**

## Interval Sculpt Training

Minds and bodies change as we grow older and so should our strength training Regimen. Build a functionally strong body all while looking and feeling better than ever than before. Training muscles for their specific functions in daily activities, both routine and unexpected, through timed stations of consistent cardio, bodyweight training, and creative programming. Each session will enhance the body and daily living performances!

**ACTIVITY #:** 340812-01  
**LOCATION:** Community Center (Gym)  
**AGE:** 14 & Older  
**TIME:** 9:00-10:00am  
**DAY/DATE:** Tuesday, January 31  
**FEE:** FREE  
**INSTRUCTOR:** Lorene Skipper-Foy

**ACTIVITY #:** 340812-02  
**LOCATION:** Community Center (Gym)  
**AGE:** 14 & Older  
**TIME:** 9:00-10:00am  
**DAY/DATE:** Tuesday & Thursday, February 7 - March 1  
**FEE:** Member \$55 Resident \$60 Non-Resident \$65  
**LIMIT:** Min 5/Max 20  
**INSTRUCTOR:** Lorene Skipper-Foy



# Fitness Specialty Programs



## The Power & Value of Journaling

### JOURNALING IS A TOOL FOR KEEPING YOUR NEW YEARS RESOLUTIONS!!

Give Marilyn just one hour and you will discover the number one tool for losing weight, managing stress and living a better life...Guaranteed.

#### Three questions for you:

- Are you having trouble losing weight?
- Are you feeling stressed out?
- Has life got you feeling run down?

If you answered yes to any of these questions, then make plans on attending!!

#### In this seminar you will learn:

- How to gain balance and manage stress with journaling.
- How to program your brain to achieve the results you want with the power of journaling.
- How to lose weight fast, safely and with less effort through journaling.
- How to eliminate self-sabotaging behaviors, and negative thoughts through journaling.
- How journaling can help you create-Spirit-Mind-Body connection and achieve ultimate success in life. And much more.....

***"People fail to keep their resolutions because they fail to notice and track their unconscious self-sabotaging habits"***

says Marilyn D. Fitzgerald

**PROGRAM #** 340814-01  
**LOCATION:** Community Center  
**AGE:** 18 & Up  
**TIME:** 7:00 to 8:00pm  
**DAY/DATE:** Tuesday, January 3  
**REG DEADLINE:** Tuesday, December 30  
**FEE:** Members: \$60.00 Residents: \$65.00  
 Non-Residents: \$70.00  
**SPEAKER:** Marilyn Fitzgerald

**NOTE: Follow up for seminar is Feb. 7th 7:00-8:00pm.**

## Importance of You!!!

You will learn in this seminar how most people tend to neglect themselves by becoming too complacent with their lives. Ron will illustrate by examples how this way of thinking can be changed in order to arrive at a more fulfilling life. With particular emphasis placed on having vision, learning to identify passion, and subscribing to a new life of reinvention, people can reach goals that they have longed for all of their lives. Ron believes through his own experiences that by changing the way you think, you can ultimately change your future. Some key points in this seminar will be; defining passion, determining where you are in your life, how do you really see yourself, how do you feel others see you, are you afraid of change, and can you identify what passion is? Sign Up Now!!

**PROGRAM#** 340815-01  
**LOCATION:** Community Center  
**AGE:** 18 & Up  
**TIME:** 5:00 to 7:00 p.m.  
**DAY/DATE:** Saturday, March 24  
**REG DEADLINE:** Monday, March 19  
**FEE:** \$40.00  
**SPEAKER:** Ron Alston

## Resident Registration Begins Saturday, January 7, 2012

## ATHLETICo

PHYSICAL THERAPY • OCCUPATIONAL THERAPY

### Overhead Throwing: Common Injuries and Prevention

Curt Marcus, DPT from AthletiCo Physical Therapy in Tinley Park will review and discuss common injuries to the overhead throwing athlete, treatment options and their prevention. He will also discuss Video Throwing Analysis as a means to identify potential flaws in mechanics and soft tissue restrictions during the overhead throw.

**PROGRAM #:** 340817-01  
**LOCATION:** Community Center  
**AGE:** 18 & UP  
**TIME:** 6:30 to 7:30 pm  
**DAY/DATE:** Tuesday, Feb. 28  
**FEE:** FREE

### Get out there and Run!

Want to run the Shamrock Shuffle but don't know where to start? Join Angela Hage, PT from AthletiCo Physical Therapy-Tinley Park as she reviews how to begin a running program and how to avoid those nasty pitfalls called injuries. Whether you are a beginner runner, walker, or avid marathoner, you won't want to miss this class!

**PROGRAM #:** 340818-01  
**LOCATION:** Community Center  
**AGE:** 18 & UP  
**TIME:** 6:30 to 7:30 pm  
**DAY/DATE:** Tuesday, March 13  
**FEE:** FREE

### Dealing with Incontinence

This educational seminar is geared towards those individuals struggling with incontinence. Join Angie Brannigan, PT from AthletiCo Physical Therapy-New Lenox as she discusses the causes of incontinence and current treatment of this potentially embarrassing condition.

**PROGRAM #:** 340819-01  
**LOCATION:** Community Center  
**AGE:** 18 & UP  
**TIME:** 11:30 am to 12:30 pm  
**DAY/DATE:** Wednesday, March 7  
**FEE:** FREE

### Dynamic Stretching vs Static Stretching? What's the Difference?

Join Brad Kleine, ATC, PES, CKTP, athletic trainer and performance enhancement specialist with AthletiCo Physical Therapy- Matteson and Homewood-Flossmoor High School as he unravels the myths surrounding dynamic and static stretching and its implications in reducing injuries.

**PROGRAM #:** 340820-01  
**LOCATION:** Community Center  
**AGE:** 18 & UP  
**TIME:** 7:30 to 8:30pm  
**DAY/DATE:** Wednesday, April 11  
**FEE:** FREE

### Injury Screening

Have an ache or pain? Back stiff in the morning? Come get it checked out as a licensed physical therapist or athletic trainer from AthletiCo Physical Therapy Occupational Therapy will be at the Matteson Community Center performing complimentary injury screenings. Each session takes about 20 minutes and you will leave with a better understanding of your injury and exercises to help alleviate the pain and get you back to your workout and your life.

**PROGRAM #:** 340816-01 (I)  
 340816-02 (II)  
**LOCATION:** Community Center  
**AGE:** 18 & Up  
**TIME:** 6:00 - 8:00pm  
**DAY/DATE:** Wednesday, Jan. 25th (I)  
 Tuesday, April 10th (II)  
**FEE:** FREE

# Fitness Specialty Programs



## FREE SCREENINGS

### Blood Pressure Screenings

**LOCATION:** Community Center  
**AGE:** 18 & Up  
**TIME:** 8:30-10:30 a.m.  
**DAY/DATE:** **Monday**  
January 16 March 19 & May 21  
**FEE:** **FREE**  
**No registration required.**

### Balance Screening

Feeling unsteady? Dizzy? Is your balance just not what it used to be? Come for a free balance screening using standardized assessments by a trained vestibular/flexibility, and strength will be conducted by licensed physical therapists, and recommendations for follow-up will be made.

**LOCATION:** Community Center  
**AGE:** 18 & Up  
**TIME:** 11:00 am - 1:00pm  
**DAY/DATE:** **Friday**, January 20  
**Thursday**, March 15  
**FEE:** **FREE**

### Back Pain Screening

Experts from Ingalls Physical Therapy will offer a free screening for individuals with back pain, discomfort or postural abnormalities. A brief assessment of posture, flexibility, and strength will be conducted by licensed physical therapists, and recommendations for follow-up will be made.

**LOCATION:** Community Center  
**AGE:** 18 & Up  
**TIME:** 11:00am - 1:00pm (February 16)  
6:00 - 8:00pm (April 19th)  
**DAY/DATE:** **Thursday**, February 16 & April 19  
**FEE:** **FREE**  
**To reserve a screening slot, call: 1.800.221.2199**

## FREE EDUCATION SEMINARS

### Hip, Knee & Shoulder Pain Treatment Options

Attend a free seminar hosted by David Smith, M.D., F.A.C.S., and learn more about the anatomy of the shoulder, knee and hip, minimally invasive and computer assisted surgery, and a proven approach to total hip replacement. Dr. Smith is an orthopedic surgeon on staff at Ingalls Advanced Orthopedic Institute who specializes in general orthopedics, joint replacement and reconstruction. Free shoulder or knee ultrasound testing will also be available.



**LOCATION:** Community Center  
**AGE:** 18 & Up  
**TIME:** 6:00 - 7:00pm  
**DAY/DATE:** **Tuesday**  
January 31 February 21 & March 27  
**FEE:** **FREE**  
**SPEAKER:** David Smith, M.D., F.A.C.S.  
**To register, call: 1.800.221.2199**

### Meal Planning Tips

Learn from the expert dietitian at Ingalls how to make meals that are easy, inexpensive and healthy, and taste great at the same time.

**LOCATION:** Community Center  
**AGE:** 18 & Up  
**TIME:** 6:00 - 7:00pm  
**DAY/DATE:** **Wednesday**, February 8  
**FEE:** **FREE**  
**SPEAKER:** Kim Kramer, RD, LDN  
**To register, call: 1.800.221.2199**

### Diabetes Education

Diabetes is being called an epidemic and pre-diabetes is on the rise. Approximately 17.9 million people have diabetes, 5.7 million people are undiagnosed and 57 million people have pre-diabetes. Both can be serious and both can be controlled. Pre-diabetes can be reversed. Learn about diabetes and how to control it by attending this free educational seminar.

**LOCATION:** Community Center  
**AGE:** 18 & Up  
**TIME:** 6:00 - 7:00pm  
**DAY/DATE:** **Tuesday**, April 24  
**FEE:** **FREE**  
**SPEAKER:** Lisa Szafranowski, RN, MS, CDE  
**To register, call: 1.800.221.2199**

## CHILDREN'S WEIGHT MANAGEMENT

### KidFit Camp

Ingalls is pleased to offer a weight management program for families with kids ages 8-12. This 8-week program addresses food, activity and behavioral challenges related to the concerns of overweight kids. Families attend sessions that support positive lifestyle changes through group exercise, meal preparation, games and other activities. Physician referral required.

**LOCATION:** Community Center  
**AGE:** 8-12 years  
**TIME:** 4:30 - 6:30pm  
**DAY/DATE:** **Monday**  
March 19 - May 14  
(no class on April 30)  
**FEE:** \$250.00  
**To register, call: 708.206.0072**

