

LIFESPORT—Libertyville

Located near downtown, LifeSport—Libertyville has six indoor tennis courts, four outdoor courts, a fully stocked pro shop, a specialized training room, 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 6:00AM—10PM
SAT 6AM—7PM
SUN 6AM—3PM

LIFESPORT—Lincolnshire

Located off of Half Day Road, LifeSport—Lincolnshire offers five indoor hard courts, four outdoor clay courts, three outdoor platform tennis courts, a specialized training room, and a state of the art fitness facility. 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
SAT—SUN 7AM—3PM



2022
SUMMER
PROGRAMS

junior tennis

● RED BALL (ages 6 & 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	MEMBER	LINCOLNSHIRE	MEMBER
TUE 4-5PM	\$261.00	THU 4:30-5:30PM	\$261.00
THU 4-5PM	\$261.00	SAT 10-11AM	\$261.00
SAT 9-10AM	\$261.00		
SUN 9-10AM	\$261.00		

● 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	MEMBER / NON	LINCOLNSHIRE	MEMBER / NON
TUE 5-6PM	\$333.00 / \$360.00	SAT 10-11AM	\$333.00 / \$360.00
THU 5-6PM	\$333.00 / \$360.00	SAT 11AM-12PM	\$333.00 / \$360.00
SAT 10-11AM	\$333.00 / \$360.00		
SUN 9-10AM	\$333.00 / \$360.00		

● 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	MEMBER / NON	LINCOLNSHIRE	MEMBER / NON
TUE 5-6PM	\$333.00 / \$360.00	SAT 10-11AM	\$333.00 / \$360.00
THU 5-6PM	\$333.00 / \$360.00	SAT 11AM-12PM	\$333.00 / \$360.00
SAT 11AM-12PM	\$333.00 / \$360.00		
SUN 10-11AM	\$333.00 / \$360.00		

summer session

Jun 11-Aug 12

no class July 4

SILVER complete

This class offered twice a week is for those who are new to fitness, recovering from an injury, or a senior. This class includes balance, core, strengthening, and light cardio.

LIBERTYVILLE	MON	FRI	11AM
LINCOLNSHIRE	TUE	1PM	THU 1:30PM

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.

LIBERTYVILLE	WED	11AM
LINCOLNSHIRE	WED	11AM

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.

LIBERTYVILLE	TUE	THU	11AM-12:30PM (BY APPOINTMENT ONLY)
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**Trying to find the right class for you?
contact the fitness department:**

Libertyville—Angie Daurer

847 362-5553

angied@lifesport.com

Lincolnshire—Michelle Calmeyn

847 913-2000

michelle@lifesport.com



*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.

LIBERTYVILLE TUE 6PM WED 8:30AM SAT 8:30AM

CENTERGY

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

LIBERTYVILLE MON 6PM THU 8:30AM SAT 9:45AM

CORE

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

LIBERTYVILLE SUN 9:30AM MON 9:30AM TUE 9AM THU 6:30PM

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.

LIBERTYVILLE SUN 9AM TUE 8:30AM THU 6PM

fight

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

LIBERTYVILLE MON 8:30AM WED 6PM FRI 8:30AM

group fitness

ORANGE BALL ACADEMY (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	MEMBER / NON	LINCOLNSHIRE	MEMBER / NON
MON 4-5:30PM	\$499.50 / \$540.00	THU 5:30-7PM	\$499.50 / \$540.00
WED 4-5:30PM	\$499.50 / \$540.00	SAT 10AM-12PM	\$666.00 / \$720.00

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	MEMBER / NON	LINCOLNSHIRE	MEMBER / NON
MON 4-5:30PM	\$444.00 / \$480.00	THU 5:30-7PM	\$499.50 / \$540.00
WED 4-5:30PM	\$499.50 / \$540.00	SAT 10AM-12PM	\$666.00 / \$720.00

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.

LINCOLNSHIRE	MEMBER / NON
TUE 5:30-7PM	\$499.50 / \$540.00
SAT 12-1PM	\$333.00 / \$360.00

JUNIOR HIGH/HIGH SCHOOL (ages 11-18)

For students who want to improve their tennis game and prepare for their high school tennis season. This class emphasizes more competitive skill building by learning basic patterns and strategies.

LIBERTYVILLE	MEMBER / NON
TUE 6-7PM	\$333.00 / \$360.00
THU 6-7PM	\$333.00 / \$360.00
SAT 11AM-12:30PM	\$499.50 / \$540.00
SUN 10-11:30AM	\$499.50 / \$540.00

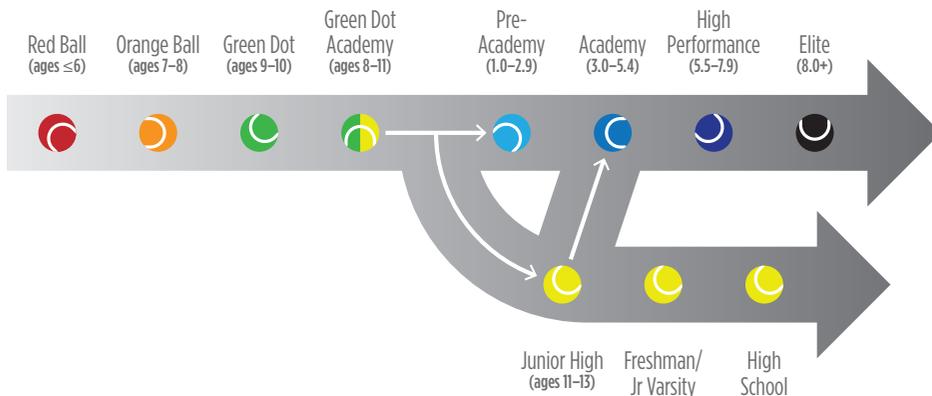
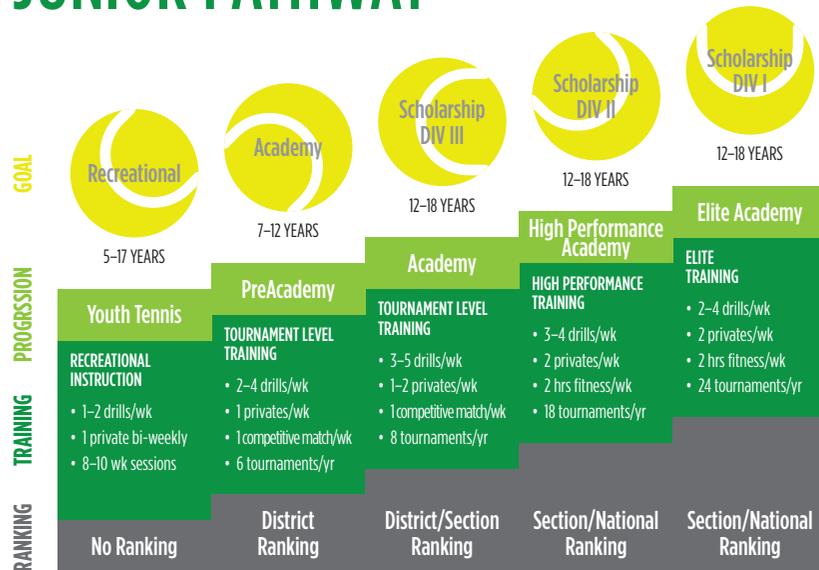
junior tennis programs

HIGH SCHOOL

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.

LINCOLNSHIRE	MEMBER
TUE 5:30-7PM	\$499.50
SAT 1-2:30PM	\$499.50

LifeSport Athletic Club JUNIOR PATHWAY



TRIBE TEAM TRAINING

TRIBE Team Training® members will experience fun, belonging, control, support, reassurance, and challenges all in a dynamic motivating environment that will respect their individuality so they can achieve more. Same small team, same coach, eight weeks.

TRIBE FIT 2x/wk \$239

High intensity functional fitness that covers strength, power, mobility, agility, endurance, and full functional conditioning. Never repeat a workout and get to a new level of fitness.

LIBERTYVILLE	MON FRI 7:30AM	MON WED 6:30PM
LINCOLNSHIRE	contact the fitness department for days and times	

TRIBE PUNCH 2x/wk \$239

Get fighting fit without getting hit! Learn the sport of boxing and kickboxing while making you fit, lean, and strong with body conditioning.

LIBERTYVILLE	MON WED 5PM
LINCOLNSHIRE	contact the fitness department for days and times

TRIBE KIDS 1x/wk \$129

Kids participate in exercises that are fundamental to all things that kids need to do as their bodies grow: pull, push, run, jump, throw, climb, and lift. Athletic drills help facilitate coordination, agility, strength and stamina. Coaching encourages new levels of fitness, strength, and confidence thru teamwork games and challenges that highlight the benefits of a healthy lifestyle.

LIBERTYVILLE	MON 9AM	THU 5PM	SAT 9AM
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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.

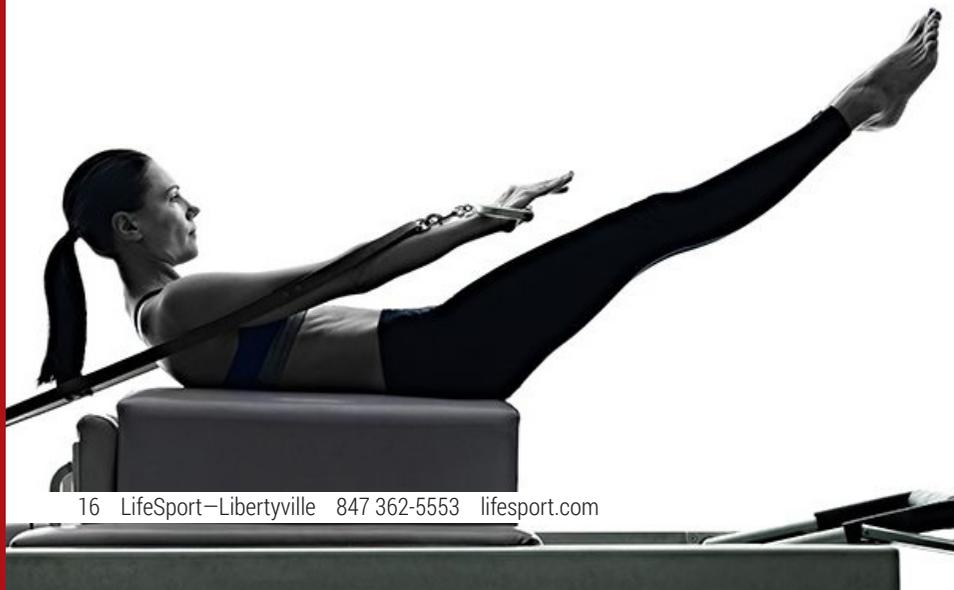
LESSONS	SINGLE	CPN BOOK (5)	CPN BOOK (10)
PRIVATE	\$75 / \$85	\$350 / \$400	\$650 / \$700
SEMI-PRIVATE	\$40 / \$50	\$175 / \$225	\$325 / \$375
	MEM / NON	MEM / NON	MEM / NON
CLASSES	\$30 / \$35	—	\$250 / \$300

CLASS TIMES

TUE	9:00–10:00AM	10:00–11:00AM	3:30–4:30PM
THU	10:00–11:00AM		
SAT	8:30–9:30AM	9:30–10:30AM	

BEGINNER PILATES 6 Week Course 1x/wk \$149

group fitness



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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

WED 7:00-8:30PM
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

LifeSport Fencing Academy provides the fencing equipment in our beginner classes. As skills improve and knowledge deepens, participants may purchase their own gear and weapons.



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.

For more information or for an evaluation, contact:

Gian Remigio

847 362-5553

gianr@lifesport.com

Bartek Jozwiak

847 913-2000

bartek@lifesport.com

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.

personal training

Contact us to set up an initial consultation:

LifeSport–Libertyville

Angie Daurer 847 362-5553

angied@lifesport.com

LifeSport–Lincolnshire

Michelle Calmeyn 847 913-2000

michelle@lifesport.com

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.

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.

30 minute strength

One-on-one training with a Certified Personal Trainer concentrating on strength by using slow and controlled movement in a 30 minute format on our Med X equipment. All fitness levels are welcome!

\$450 for 10 sessions. **SUGGESTED 2 TIMES PER WEEK PROGRAM**

recovery & restore

Come recover and restore your muscles after a long week of tennis or workouts! Each session will be completed with a Certified Personal Trainer and includes the use of a roller, a therapy gun, and stretching. Choose between 30 minutes and 1 hour. Recovery and Restore sessions can be added onto your personal training or can be scheduled with a trainer at a different time for more focus.

REDUCE PAIN FEEL BETTER SLEEP BETTER PERFORM BETTER IMPROVE POSTURE



LTA CAMP UTR 5.4 & BELOW

9AM-12PM LINCOLNSHIRE	MEMBER / NON	1-4PM LIBERTYVILLE	MEMBER / NON
Per Day	\$99 / \$105	Per Day	\$99 / \$105
Per Week	\$465 / \$510	Per Week	\$465 / \$510
2 Weeks	\$900 / \$960	2 Weeks	\$900 / \$960
4 Weeks	\$1,620 / \$1,800	4 Weeks	\$1,620 / \$1,800
6 Weeks	\$2,160 / \$2,430	6 Weeks	\$2,160 / \$2,430

LTA HIGH PERFORMANCE CAMP UTR 5.5 & ABOVE

10:30AM-1PM TUE, WED, THU @ LIBERTYVILLE	
Per Day	\$82.50 / \$87.50
5 Days	\$387.50 / \$425
10 Days	\$750 / \$800
20 Days	\$1,350 / \$1,500



HALF DAY
9AM-12PM,
OR 12-3PM

FULL DAY
9AM-3PM
 12PM bring own lunch

TENNIS SUMMER CAMP

This camp focuses on the fundamentals necessary for our campers to grow into confident and proficient tennis players. Our camp combines a talented year-round Tennis Professional teaching staff and the Quick Start method of tennis instruction which enables your child to have an enjoyable and comprehensive learning experience. Our goal is to facilitate fun, friendship, technique and skill development in an engaging environment.

Full Day campers should bring a lunch. Snacks will be provided.

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
THU 11AM-12:30PM	\$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	\$31	\$310

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 6-8PM	\$54.00	\$49.00	\$294.00

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	DAY	TIME	PER TIME RATE	COUPON RATE	COUPON BOOK (6)
INTERMEDIATE	TUE	6-8PM	\$54	\$49	\$294

WOMEN'S DRILLS (membership required)

LIBERTYVILLE SINGLES	DAY	TIME	PER TIME RATE	COUPON RATE	COUPON BOOK (6)
WOMEN'S 4.0-4.5	FRI	9-10:30AM	\$54	\$49	\$294
WOMEN'S 3.0-3.5	FRI	10:30AM-12PM	\$54	\$49	\$294
LIBERTYVILLE TEAMS	DAY	TIME	PER TIME RATE	COUPON RATE	COUPON BOOK (6)
WOMEN'S 4.5+	WED	9-11AM	\$54	\$49	\$294
WOMEN'S 3.5-4	TUE	9-11AM	\$54	\$49	\$294
WOMEN'S 3.0	THU	9-11AM	\$54	\$49	\$294
WOMEN'S MULTI	WED	6-8PM	\$54	\$49	\$294
LINCOLNSHIRE TEAMS	DAY	TIME	PER TIME RATE	COUPON RATE	COUPON BOOK (6)
WOMEN'S 3.5+	TUE	9-11AM	\$54	\$49	\$294

adult tennis programs

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	MAY 23-JUN 19	JUN 20-JUL 17	JUL 18-AUG 14
WED 6-7PM	\$99.00/\$129.00	\$99.00/\$129.00	\$99.00/\$129.00
THU 9-10AM	\$99.00/\$129.00	\$99.00/\$129.00	\$99.00/\$129.00
THU 6-7PM	\$99.00/\$129.00	\$99.00/\$129.00	\$99.00/\$129.00
LINCOLNSHIRE	PER TIME MEM	PER TIME NON	
MON 10-11AM	\$30.00	\$40.00	
MON 3-4PM	\$30.00	\$40.00	

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 123.

LIBERTYVILLE	MAY 23-JUL 3	JUL 4-AUG 14
MON 6-7:30PM	\$255.00/\$300.00	\$255.00/\$300.00
THU 10-11:30AM	\$306.00/\$360.00	\$306.00/\$360.00
THU 7-8:30PM	\$306.00/\$360.00	\$306.00/\$360.00
LINCOLNSHIRE	MAY 23-JUL 3	JUL 4-AUG 14
SUN 8:30-10AM	\$255.00/\$300.00	\$306.00/\$360.00

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)
MON 7-9PM	\$54	\$49	\$294
MON 11AM-1PM	\$54	\$49	\$294
TUE 7-9PM	\$54	\$49	\$294

junior tennis

SUMMER CAMP

JUN 13-AUG 12



HALF DAY:

9AM-12PM LIB/LINC	MEMBER / NON
Per Day	\$99 / \$102
Per Week	\$435 / \$450
2 Weeks	\$720 / \$750
12-3PM LIBERTYVILLE	MEMBER / NON
Per Day	\$99 / \$102
Per Week	\$435 / \$450
2 Weeks	\$720 / \$750

FULL DAY:

9AM-3PM LIBERTYVILLE	MEMBER / NON
Per Day	\$138 / \$144
Per Week	\$615 / \$645
2 Weeks	\$990 / \$1,050



junior platform

JUNIOR BEGINNER PADDLE

Welcome to the fun, addictive, and great world of Platform Tennis! Students learn the basic mechanics of all shots, scoring, etiquette, and strategy.

LINCOLNSHIRE	PER TIME MEM / PER TIME NON
MON 4-5PM	\$37 / \$40

adult platform

ADULT BEGINNER PADDLE

Welcome to the fun, addictive, and great world of Platform Tennis! Students learn the basic mechanics of all shots, scoring, etiquette, and strategy.

LINCOLNSHIRE	PER TIME MEM / PER TIME NON
MON 5-6PM	\$37 / \$40
TUE 6-7PM	\$37 / \$40
SAT 9-10AM	\$37 / \$40
SAT 10-11AM	\$37 / \$40

PLATFORM ASAP

LINCOLNSHIRE	PER TIME MEM / PER TIME NON	MATCH PLAY	SAT 2-3PM
MON 12-1PM	\$30 / \$40		
TUE 6-7PM	\$30 / \$40		
THU 12-1PM	\$30 / \$40		
THU 6-7PM	\$30 / \$40		

ADULT PADDLE

LINCOLNSHIRE	DAY	TIME	PER TIME MEM / PER TIME NON
BEGINNER/INTERMEDIATE	MON	6-7PM	\$37 / \$40
INTERMEDIATE/ADVANCED	SAT	8-9AM	\$37 / \$40

MEN'S SUMMER LEAGUE

LINCOLNSHIRE
TUE 7PM

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pickleball

PICKLEBALL DRILL

Learn the rules, scoring, and basic strategy of Pickleball.

LINCOLNSHIRE	PER TIME MEM / PER TIME NON	
TUE 5-6PM	\$30 / \$40	
THU 8-9AM	\$30 / \$40	
MATCH PLAY	PRE-REGISTRATION	DROP-IN
FRI 12:30-2PM	\$10 / \$20	\$20 / \$30

PICKLEBALL ASAP (four week sessions, dates available at the front desk)

Pickleball is the fastest-growing sport in the country. Learn how to play in just 4 weeks! In this class, you will learn basic rules, scorekeeping, different types of shots, and court position.

LIBERTYVILLE	MEMBER / NON
MON 8-9AM	\$99 / \$129
WED 6-7PM	\$99 / \$129

platform tennis

pickle ball