

New fall hours effective
August 31, 2009!




family fitness time

Huntley:

SUNDAY	1:00pm - 7:00pm 12:00pm - 7:00pm	Track, Basketball Indoor Pool
MONDAY	1:00pm - 4:00pm 6:30pm - 8:00pm	Indoor Pool Track, Basketball
TUESDAY	9:30am - 12:00pm 1:00pm - 4:00pm	Basketball Indoor Pool
WEDNESDAY	6:30pm - 8:00pm 7:00pm - 9:00pm	Track, Basketball Indoor Pool
THURSDAY	12:00pm - 5:00pm 1:00pm - 4:00pm	Track, Basketball Indoor Pool
FRIDAY	6:30pm - 8:30pm 7:00pm - 10:00pm	Track, Basketball Indoor Pool
SATURDAY	1:00pm - 7:00pm 2:00pm - 7:00pm	Track, Basketball Indoor Pool

Crystal Lake:

SUNDAY & SATURDAY	2:00pm - 5:00pm	Track, Basketball and Indoor Pool
------------------------------	-----------------	--------------------------------------

 **Centegra**
Health Bridge
Fitness Center
WELL BEYOND EXPECTATIONSM