

Adult Athletics/Fitness

Yoga Flow

(Ages 18+)

Integrating the body, mind and breath, this flowing dynamic Vinyasa style of yoga will strengthen the body, increase suppleness and focus the mind. A short relaxation is enjoyed at the end of class to reduce stress. Instructor Susan Lindow is certified through YogaFit Training Systems Worldwide.

REC Center, Dance Studio Minimum 6 / Maximum 20

CODE	DAY	DATE(S)	TIME	FEE
209120-01	Tues.	5/5-6/23	7:00-8:00 p.m.	\$48/\$72
209120-03	Tues.	6/30-8/18	7:00-8:00 p.m.	\$48/\$72

*Drop-in fee \$7 resident/\$10 non-resident

Pilates

(Ages 18+)

Pilates is a unique set of exercises that focuses on strengthening the core muscles of the body. Linking breathing with movement, this floor-based mat class will increase strength, balance and coordination. Instructor Susan Lindow is certified to teach Mat Pilates through the Physical Mind Institute.

REC Center Dance Studio Minimum 6 / Maximum 20

CODE	DAY	DATE(S)	TIME	FEE
209122-01	Sat.	5/9-6/27	7:45-8:45 a.m.	\$48/\$72
209122-02	Sat.	7/11-8/29	7:45-8:45 a.m.	\$48/\$72

*Drop-in fee \$7 resident/\$10 non-resident

SPECIAL RATE FOR BOTH YOGA & PILATES CLASSES!

209121-01	5/5-6/27	\$80/\$120
209121-02	6/30-8/29	\$80/\$120

SPECIAL FITNESS CENTER MEMBER RATE— YOGA & PILATES

Must be a current fitness center, ultimate or group fitness member.

Yoga	209120-03	5/5-6/23	\$30
Yoga	209120-04	6/30-8/18	\$30
Pilates	209122-03	5/9-6/27	\$30
Pilates	209122-04	7/11-8/29	\$30

BOTH CLASSES

209121-03	5/5-6/27	\$45
209121-04	6/30-8/29	\$45

Weight Loss Challenge

(Ages 18+)

Join Huntley's very own "Biggest Loser Challenge" just like on TV. This 10-week program advises:

- Proper nutrition
- Meal replacement options
- Encouragement to exercise
- Group support
- Metabolism and body composition test

The WLC is a 10-week program meeting together weekly for an hour to learn about proper nutrition, how to improve eating habits, and find out exactly how many calories a day your body burns. This new information will teach how to lose weight and keep it off. Because of all the helpful information, attendance at the weekly meetings is a KEY factor in ensuring success. Each week participants will weigh-in and consult with the coaches, who help along the way, offering various meal replacement options to help reach ideal weight and body composition. The program encourages participants to eat a healthy level of protein and calories each day and teaches the benefits of good nutrition. Topics include: protein, carbohydrates, water and digestion, vitamins, dining out, exercise, sugar, healthy oils, and more. Each person will receive personalized coaching. Prizes in the form of gift certificates to be used at most stores will be given out. Winnings ranged from \$450.00 - \$1,000.00 in the most recent contests (depending upon the number of participants). Previous participants at other locations had an average weight loss of over 19 pounds and over 10 inches per person! A portion of the registration fee goes towards the prizes.

Participants can register and start program up to 2nd week of class.

Instructor Sharon Lima, Personal Wellness Coach
Willow Room

Minimum 5 / Maximum 20

CODE	DAY	DATE(S)	TIME	FEE
209999-01	Thurs.	4/9-6/11	5:15-6:15 p.m.	\$40/\$60
209999-02	Thurs.	4/9-6/11	6:30-7:30 p.m.	\$40/\$60
209999-03	Thurs.	6/25-9/3	5:15-6:15 p.m.	\$40/\$60
209999-04	Thurs.	6/25-9/3	6:30-7:30 p.m.	\$40/\$60



Weight Watchers

Wednesdays, 8:00 a.m., 9:30 a.m., 6:00 p.m.

Come and join in our weight loss success. Weigh-in is 30 minutes before class begins. Classes are held at the REC Center Willow Room. For additional information call 800-651-6000 or visit us at www.weightwatchers.com.

Adult

Adult Volleyball Drop-In & Open Gym Basketball

(Ages 18+)

No records, no prizes, we're just playing for bragging rights. Join your friends, neighbors and your spouse for casual drop-in volleyball or basketball. Pay \$5 at the registration desk or become a fitness center member to play for free! **You must be a Park District resident or a Fitness Center Member to participate in open basketball.**

REC Center Gym

SPORT	DAY	TIME	FEE
Basketball	Mon.	7:00-9:00 p.m.	\$5
Volleyball	Wed.	6:00-8:00 p.m.	\$5

There will be no open basketball on Monday, May 25th (Memorial Day).

Co-Rec Adult Softball League

(Ages 18+)

Our league uses a 14" mush ball (gloves are optional). If we have enough teams, we will try to split into two divisions, competitive and recreational. To register, the team captain should come in and pay the non-refundable season deposit. Team captains will then be contacted for a pre-season meeting which will be held during the first week of July. Individual registrations to team rosters can be done at this meeting or at anytime after the meeting. Games will begin in the middle of July and continue through the end of Sept. with a post-season tournament to follow. Please contact Jeff Ryder at jeff@huntleyparks.org or (847)669-3180 ext. 317 for more information. **Registration Deadline: Monday, June 22 or when maximum enrollment is reached. A non-refundable deposit of \$100 is due at the time of registration. The balance will be due at the announced captains meeting.**

Tomaso Sports Park Minimum 6 / Maximum 16

CODE	DAY	DATE(S)	FEE
209113-01	Sat.	7/11-9/19 & Post Season	\$450/team*

**Team fee includes 10 non-resident players; additional non-resident players are \$10 each.*

Senior Softball

(Ages 55+)

Don't just go to a game, be in one! Join our men's senior 12" softball program. Everyone plays, all you need is a glove, cleats, and a bat (single wall only). For more information, contact Ken at 847-669-9262 or Jeff at 847-669-3180, ext. 317.

Tomaso Sports Park

CODE	DAY	DATE(S)	TIME	FEE
109215-01	M/W	5/4-10/28	9:30-12:00 p.m.	\$30/\$45

Pickleball

(Ages 18+)

You will feel like a winner and a champion playing this exciting paddle game called Pickleball. Now you and your friends can join many other people who are playing this net court game. This mini-tennis game is played by 2 or 4 people on a badminton-sized court using paddle racquets and a plastic, poly baseball with holes. Pickleball is a combination of Ping-Pong, tennis, and badminton and has been enjoyed for over 20 years by people of all ages. A two-hour free lesson is available covering the basic rules and how to play the game. Lessons must be pre-arranged by calling Diane Sabal at 847-669-0926.

REC Center Gym

Minimum 15 / Maximum 60

CODE	DAY	DATE(S)	TIME	FEE
209111-01	M-F	6/1-8/28	2:00-4:00 p.m.	\$25/\$38

Adult Drop-In Soccer

(Ages 18+)

Whether you are a former player looking to continue to keep playing the game or just inspired to try something new after having watched the kids play, this informal weekly night of soccer is for you.

We will set aside Fields #1 and #2 at the Carl Tomaso Sports on Wednesday evenings for some small sided "drop-in" style soccer games. Men and women players of all skill levels are welcome, as fresh teams will be divided out for games each night.

There is no registration fee, but individuals must register and sign a waiver and sign a waiver at the REC Center before they will be allowed to participate.

Tomaso Sports Park – Soccer Fields #1 & #2

CODE	DAY	DATE(S)	TIME
209730-01	Wed.	5/6-8/26	6:00-8:00 p.m.



Join in on the fun as you enjoy some socialization and light refreshments. Bingo will be held on the first Tuesday of the month in the Cafeteria at the REC Center. Cards will be provided. Doors open at 9:00 am and games from 9:30 am. -11:00 am. Dates are May 5, June 2, July 7, August 4. Refreshments are sponsored by Eastgate Manor of Algonquin, Visiting Angels-South Elgin and Pinecrest Restaurant.