



Winter 2010
exploration guide
January 4 – May 2, 2010

Evanston Athletic Club :: 1723 Benson Ave., Evanston, IL 60201 :: 847-866-6190 :: www.eaconline.com



Chicago Athletic Clubs

Our Mission

EAC is dedicated to providing each member of our fitness community with an experience that will inspire, energize, relax and rejuvenate.

Evanston Athletic Club

1723 Benson Avenue
Evanston, IL 60201

847-866-6190
www.eaconline.com

Founded in 1980, EAC has established and maintained a position at the forefront of Chicago-area health clubs. Conveniently located in downtown Evanston, EAC's 55,000 square foot facility provides a comfortable and spacious atmosphere where outstanding staff is committed to helping you achieve a healthy lifestyle. Our innovative programming demonstrates that EAC is a club with you and your workout in mind.

Lakeview Athletic Club

3212 N. Broadway
Chicago, IL 60657

773-529-2024
www.lvaconline.com

The newest addition to our family is LVAC. This 47,000 square foot facility offers state-of-the-art strength training equipment, two swimming pools (inside and an outer deck), the finest in group exercise, and is a landmark in the Lakeview area. Committed to supporting the Lakeview community, LVAC has already started working with local area schools to create some exciting after-school programs. At LVAC, we are committed to rejuvenating your spirit, enhancing your level of confidence, and enriching your state of mind.

Lincoln Park Athletic Club

1019 W. Diversey Parkway
Chicago, IL 60614

773-529-2022
www.lpaconline.com

Founded in 1998, LPAC has quickly become one of Chicago's premiere health clubs and offers a high level of dedication to providing you an exceptional fitness experience. Located in the heart of Lincoln Park, LPAC is right off the CTA Brown and Purple Lines, on the corner of Sheffield and Diversey.

West Loop Athletic Club

1380 W. Randolph Street
Chicago, IL 60607

312-850-4667
www.westloopathleticclub.com

WAC is located in the heart of the West Loop neighborhood at the corner of Randolph and Ogden. This 32,000 square foot facility features a full schedule of classes, brand new cardio and weight equipment on an airy second floor, one full basketball court, a five-lane, 25-meter pool, comfortable locker rooms with steam and sauna, and much more!



Evanston Athletic Club

1723 Benson Ave., Evanston, IL 60201
847-866-6190 • www.eaconline.com

Club Hours

MONDAY–THURSDAY 5:00 AM–11:00 PM
FRIDAY 5:00 AM–10:00 PM
SATURDAY & SUNDAY 6:00 AM–10:00 PM

Meet Our Staff

Manager

Amy Whalen amy@eaonline.com

Business Director

Heidi Chalem heidi@eaonline.com

Membership Director

Kathe Biondi kathe@eaonline.com

Membership Advisors

Johanna Aron johanna@eaonline.com

Tricia Higgins tricia@eaonline.com

Molly Maiers molly@eaonline.com

Ruth Payne ruth@eaonline.com

Facilities Director

Marshall Skloss

Fitness Director

Alan Dubois alan@eaonline.com

Kids Club Director

Shawna Solsvig shawna@eaonline.com

Massage Director

Lisa Nigro lisa@eaonline.com

Climbing Programs and Life Coaching Director

Jeremy Bloomfield jeremy@eaonline.com

Volleyball Program Coordinator

Woody Molinaro volleyball@eaonline.com

Aquatics Director

Buffy Feinstein groupswim@eaonline.com

Community Outreach Director

Lisa Nigro lisa@eaonline.com

Parking

Please see page 16 or contact the front desk at 847-866-6190 for more information about member parking.

EAC is proud to be the official Athletic Club of:



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EAC Features

Cardio Room

Climbing

- 3-Story Main Wall
- Gym Wall with Roof
- Bouldering Cave

Fitness Assessment

Full Size Gym

- Basketball
- Volleyball

Group Exercise Classes

- Body Pump
- Yoga
- Pilates
- Step

3 Group Exercise Studios

Jacuzzi

Kid's Climbing Lessons

Kids Club

- Child Care
- Movement and Educational Classes
- Birthday Parties/Family Events
- Camps

Kid's Swimming Lessons

Lap Pool

Life Coaching

Locker Rooms

- Steam/Sauna
- Rental Lockers
- Towel Service

Massage Therapy

- Deep Tissue
- Eastern Therapies

Nutrition Counseling

Personal Training

- Kettlebell Training
- Triathlon/Marathon
- Pre/Post-Natal
- Private Swim

Personal Viewing Screens

Pilates Studio

Spinning® Studio

Strength Training

- Free Weights
- Circuit Training
- Cable Motion

Yoga

Important Club Basics

About the Club

Your membership card

To protect your rights as a member, you will be required to stop and present your membership card each time you visit the club.

Lockers

All personal belongings must be placed in a locker. Bags, coats, shoes, etc. are not allowed in workout areas, exercise studios, gym or pool. We ask that you and your guests provide your own lock. Locks left on non-rental lockers will be cut off at the close of each day. EAC is not responsible for belongings stored in lockers.

Free security lockers are located on the first floor.

Locker rental

Lockers are available for a minimum six months rental.

12" X 15"	\$15 PER MONTH
42" X 15"	\$25 PER MONTH

Towel service

EAC provides complimentary workout and shower towels.

Guests are welcome!

Members are invited to share the club with friends, family and associates. Guest fees will apply.

1 VISIT	\$20
10 VISITS	\$175

A person who is interested in joining EAC may use one complimentary pass to visit our club. However, an appointment must be arranged with a membership advisor at least 24 hours in advance of this visit. He/she must live within the Chicagoland area and present a photo I.D. upon arrival at our club. Without advance notice, the \$20 guest fee will apply. One guest receipt may be applied toward joining EAC. All out of state/town guests pay a \$20 guest fee.

All guests must be at least 15 years of age; 15, 16 and 17 year olds must be accompanied by a parent or guardian or provide written permission to gain admittance to the club.

Membership Information

Types of Membership

A Membership Advisor will help you determine what option is right for you:

- 1-Year Membership
- Short-Term Membership
- By-Visit Packages

We offer a variety of membership discounts, including:

- Senior (age 65 & older)
- Full-Time Students
- Corporate

Family Usage Policy

Children (3–14 years) may use the pool during family swim for a \$5.00 fee. Children who have a *kids membership* or who are currently enrolled in an EAC swim program may enter at no charge.

0–2 YEARS	FREE
3–14 YEARS	\$5.00

SATURDAYS	1:00–5:00 PM
SUNDAYS	2:00–6:00 PM

Children ages 5–14 may use the wall during family climb for a \$5 fee. Children with *kids membership* climb at no charge. Gear is included. Children must be accompanied by a parent at all times.

SATURDAY	11:00 AM–12:30 PM
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All-Club Access Membership

Extend the value of your membership to include our sister clubs, Lincoln Park Athletic Club, West Loop Athletic Club and Lakeview Athletic Club. Upgrade to an all club access membership by contacting a Membership Advisor.

Lincoln Park Athletic Club www.lpaonline.com
1019 W. Diversey Pkwy., Chicago, IL 60614 773-529-2022

Lakeview Athletic Club www.lvaonline.com
3212 N. Broadway, Chicago, IL 60657 773-529-2024

West Loop Athletic Club www.westloopathleticclub.com
1380 W. Randolph St., Chicago, IL 60607 312-850-4667

You may also visit LPAC, WAC or LVAC as a guest with a discount EAC member rate.

1 VISIT	\$7
10 VISITS	\$60
20 VISITS	\$100

Membership changes

Monthly payments will be transferred on the last business day of each month for the following month's dues. To make changes to your membership status or payment method, please give a 15-day notice to EAC. Thirty day written notice by EAC to members is required for any change.

Membership transfer

Membership may be transferred with the consent of EAC management. A transfer fee will apply. Members are responsible for finding a non-member to whom they can transfer their membership. Membership may be transferred in the first year only and to non-members who have not been active members for a minimum of 6 months.

Cancellation process

The membership agreement is for a minimum of 12 months, at which time monthly dues continue until member terminates with 45 days written notice to EAC by registered/certified mail. Accounts must have zero balance for cancellation to be effective.

For more information, contact Alan Dubois, Fitness Director, at 847-866-6190 ext. 221 or alan@eaonline.com.

Personal Training Education & Motivation

Personal training is no longer limited to the weight room. Realize your body's potential through education, weights, cardiovascular work and stretching and let one of our nationally certified trainers incorporate your favorite mode of exercise from Spinning® to Yoga to Swimming to Balance. Exercise consultation and education is also available.

For details on individual personal trainers, check the Personal Trainers Profiles book at the front desk or visit www.eaonline.com.

Our Trainers are available for:

- Weight training
- Core strength and stability
- Fitness Assessment
- Swimming
- Cardiovascular
- Post Rehab
- Running
- Weight loss
- Fitness education
- Stretching/Flexibility
- Pre/Postnatal
- Triathlon
- Pilates
- Kettlebells

Expert Trainers

If you are a relatively healthy adult in need of an overall exercise program, an Expert Trainer may be right for you. Our Expert Trainers have completed the certifications required at EAC and have performed 100 hours of course and practical work.

SINGLE SESSIONS

½ HOUR\$40
1 HOUR\$65

PACKAGES

8 — ½ HOUR SESSIONS \$300 (\$37.50 per session)
8 — 1 HOUR SESSIONS \$504 (\$63 per session)
16 — ½ HOUR SESSIONS \$560 (\$35 per session)
16 — 1 HOUR SESSIONS \$976 (\$61 per session)
36 — 1 HOUR SESSIONS \$2,088 (\$58 per session)

Elite Trainers

If you are in need of specialized instructive training such as pre/postnatal, stretching, athletic performance and weight loss, our Elite Trainer can assist you with these goals. Our Elite Trainers are Expert Trainer certified and have completed additional certifications in specialized areas of coursework. They are highly skilled coaches excellent at problem solving who can address a variety of fitness and weight management issues.

SINGLE SESSIONS

½ HOUR \$42.50
1 HOUR \$70

PACKAGES

8 — ½ HOUR SESSIONS \$320 (\$40 per session)
8 — 1 HOUR SESSIONS \$520 (\$65 per session)
16 — ½ HOUR SESSIONS \$600 (\$37.50 per session)
16 — 1 HOUR SESSIONS \$992 (\$62 per session)
36 — 1 HOUR SESSIONS \$2,160 (\$60 per session)

Specialist Trainers

If you have arthritis or heart disease, want to work on serious weight loss or need specialized marathon/athletic performance training, a Specialist Trainer is for you. These trainers are Expert and Elite Trainer certified. They have completed multiple certifications in specialized coursework and are seasoned coaches with exceptional program-development and problem solving skills. They have distinguished themselves as leaders in the industry.

SINGLE SESSIONS

½ HOUR\$45
1 HOUR\$75

PACKAGES

8 — ½ HOUR SESSIONS \$340 (\$42.50 per session)
8 — 1 HOUR SESSIONS \$544 (\$68 per session)
16 — ½ HOUR SESSIONS \$640 (\$40 per session)
16 — 1 HOUR SESSIONS \$1,040 (\$65 per session)
36 — 1 HOUR SESSIONS \$2,232 (\$62 per session)

Pre/Postnatal Personal Training

Pregnancy is an exciting time. Exercising now can have lifelong positive effects on your health and the health of your child. Women who exercise regularly during and after pregnancy improve their fitness, have a higher self esteem, return to their pre-pregnancy weight, maintain a leaner body composition, and have easier labors.

Working with a personal trainer can be the key to maintaining a healthy prenatal lifestyle. Our certified personal trainers are experienced at developing fitness programs for women in each phase of the reproductive process using guidelines and recommendations sanctioned by the American College of Obstetricians and Gynecologists (ACOG).

Pilates & Yoga Personal Training

The focus of the Pilates Method is to build strength, flexibility and balance; to improve alignment and posture as well as breathing and coordination. It teaches execution of movement from the "Power-house" which is the area from the bottom of the rib cage to the top of the hipbones. Sessions incorporate use of the Pilates Reformer as well as other equipment designed for Pilates Personal Training. Sessions are taught in the Pilates Personal Training studio located on the second floor.

The practice of Yoga enhances flexibility while assisting with control and mind-body connectedness. Yoga Personal Training allows the instructor to focus on the specific characteristics and needs of your body, as well as helping you maintain proper position and alignment for each pose/posture. Sessions are taught in one of the Group Exercise Studios when space is available.

SINGLE SESSIONS

½ HOUR \$42.50
1 HOUR \$70

PACKAGES

8 — ½ HOUR SESSIONS \$320 (\$40 per session)
8 — 1 HOUR SESSIONS \$520 (\$65 per session)
16 — ½ HOUR SESSIONS \$600 (\$37.50 per session)
16 — 1 HOUR SESSIONS \$992 (\$62 per session)
36 — 1 HOUR SESSIONS \$2,160 (\$60 per session)

Visit www.eaonline.com for more information.

Semi-Private & Small Group Training

Semi-Private Personal Training*

2 Individuals

SINGLE SESSIONS

½ HOUR	\$50
1 HOUR	\$90

PACKAGES

8 — 1 HOUR SESSIONS	\$680
16 — 1 HOUR SESSIONS	\$1,280

3 Individuals

SINGLE SESSIONS

½ HOUR	\$60
1 HOUR	\$100

PACKAGES

8 — 1 HOUR SESSIONS	\$800
16 — 1 HOUR SESSIONS	\$1,600

*Personal Training Guidelines

- Non-members must pay an additional \$20 guest fee per session regardless of how many sessions and/or packages are purchased.
- To avoid being charged for your session, please give 24-hour notice to change or cancel an appointment.
- Sessions must be prepaid and are non-refundable.
- EAC reserves the right to change any pricing at any time.

Triathlon Club

EAC's Triathlon Club is an exceptional program that offers a motivating, informative and fun environment for triathletes of all levels. The club meets ten months out of the year with one practice per week during off-season and seven practices per week in-season. In addition to practices, Tri Club holds informational clinics, social events and travels as a group to several triathlons per year.

Tri Club coaches have years of triathlon experience and are certified personal trainers as well as certified USA Triathlon coaches. If you are looking to take your training to the next level, meet other triathletes and have fun while training, Triathlon Club is the place for you!

Days & Times

In-Season Practices (January–August)

MONDAYS	6:00–7:00 AM
THURSDAYS	5:30–7:00 AM
SATURDAYS	7:00–8:30 AM

Memberships

YEARLY (expires one year from purchase)	\$450
MONTHLY	\$55

Fitness Assessment

Find out your ideal training zone. Whether you are beginning an exercise program or continuing an established routine, a fitness assessment will help you achieve your desired results. Utilizing your assessment results, an EAC personal trainer can customize an exercise program for you.

To make an appointment, please fill out a Fitness Assessment form available at the front desk or contact Alan Dubois at ext. 221.

Your Fitness Assessment will:

- Establish a baseline from which improvements can be measured.
- Identify health risk factors.
- Create a personalized report and recommendations for optimum health.
- Track and measure your success over time.

Your Comprehensive Assessment will include:

- Aerobic Capacity Testing
- Body Composition
- Blood Pressure Evaluation
- Flexibility and Muscular Strength Testing
- Health Risk Analysis

COST..... \$70

Visit www.eaconline.com for more information.

Gym Schedule

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
5:00							
5:30							
6:00							
6:30							
7:00	Open Gym Ends 9:25	Open Gym Ends 9:25	Open Gym Ends 9:25	Open Gym Ends 9:25	Open Gym Ends 9:25	Open Gym Ends 8:40	Open Gym Ends 9:25
7:30							
8:00							
8:30							
9:00						8:45 Turbo Kick Box	
9:30	9:30 Total Body Conditioning	9:30 Nia	9:30 Zumba	9:30 Nia	9:30 Cardio Conditioning		9:30 Open Climb
10:00							—
10:30	10:35 Muscle Definition					Open Volleyball Ends 12:10	½ Court Basketball
11:00							
11:30							11:00 Climbing Team
12:00							—
12:30						12:15 Cardio Box	½ Court Basketball
1:00			Open Basketball Ends 3:25		Open Basketball Ends 3:25	1:00 Strength & Core	
1:30							
2:00				Open Basketball Ends 5:55			
2:30							
3:00		Open Basketball Ends 7:40					
3:30			3:30 Climbing Team		3:30 Climbing Team		Open Basketball
4:00			—		—		
4:30	Open Basketball		½ Court Basketball		½ Court Basketball		
5:00							
5:30						Open Basketball*	
6:00							
6:30				6:00 Zumba			
7:00							
7:30							
8:00			Open Basketball		Open Basketball*		6:15 Co-Ed Recreational Volleyball League
8:30		7:45 Co-Ed Competitive 4-on-4 Volleyball League		7:15 Co-Ed Competitive 6-on-6 Volleyball League			
9:00							
9:30							
10:00							
10:30							
11:00							

For more information regarding Volleyball programs, contact Woody Molinaro at 847-866-6190 ext. 264, or email volleyball@eaconline.com.

*Please be aware gym may be periodically unavailable Friday and Saturday from 8–10 pm due to special events.

Pool Schedule

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
5:00	Open Swim			Open Swim			
5:30	Ends 5:55				Open Swim		
6:00	6:00 Tri Club (2 lanes taken)			6:00 Group Swim (3 lanes taken)	Open Swim		
6:30					Ends 6:55		
7:00		Open Swim	Open Swim		7:00 Aqua Dynamics	Open Swim	Open Swim
7:30		Ends 9:25	Ends 9:10			Ends 9:10	Ends 9:25
8:00	Open Swim			Open Swim			
8:30	Ends 9:10			Ends 9:25			
9:00							
9:30	9:15 Aqua Dynamics	9:30 Water Workout	9:15 Aqua Dynamics	9:30 Water Workout	Open Swim	9:15 Water Workout	9:30 Aqua Dynamics
10:00							
10:30							
11:00		11:00 Group Swim (1 lane taken)					Open Swim
11:30							
12:00							
12:30					12:15 Group Swim (1 lane taken)	10:30 Group Swim (1 lane taken)	
1:00	Open Swim						12:15 Group Swim (2 lanes taken)
1:30							
2:00			Open Swim	Open Swim			
2:30		Open Swim	Ends 6:25				
3:00							
3:30					Open Swim	1:00 Family Swim Lifeguard on duty	
4:00					Ends 6:25		2:00 Family Swim Lifeguard on duty
4:30	4:00 Group Swim (1 lane taken)						
5:00	Ends 6:25						
5:30				5:30 Group Swim (1 lane taken)			
6:00		5:45 Group Swim (2 lanes taken)					
6:30	6:30 Aqua Burn		6:30 Water Workout	6:30 Group Swim (2 lanes taken)	6:30 Aqua Dynamics		
7:00							
7:30		7:30 Group Swim (3 lanes taken)				Open Swim	
8:00							Open Swim
8:30				Open Swim	Open Swim		
9:00	Open Swim		Open Swim				
9:30		Open Swim					
10:00							
10:30							
11:00							

Please see the key on page 9 for descriptions of color backgrounds.

No lifeguard on duty unless noted. Private and semi-private swim instruction available. *NorthShore University HealthSystem fee-based program. Children are allowed in the pool only during private or group swim lessons with an instructor or during Family Swim escorted with an adult.

Pool

For more information, contact Buffy Feinstein, Aquatics Director, 847-866-6190 ext. 277 or groupswim@eaconline.com.

Swimming and aquatic exercise are excellent ways to keep healthy while reducing the amount of stress placed on the body. EAC offers many available times for lap swimming, group exercise classes and private swim instruction for adults and children. Lifeguards are not on duty unless noted.

Lap Swim Availability

Lane sharing required. Lane designations posted in pool area.

- Open Swim** All lanes are available. Lane 1 can be used for water walking, private swim and/or general water exercise during these times.
- EAC Group Exercise Classes** The entire pool is reserved for all EAC-sponsored water classes. Instructors will begin clearing the pool five minutes prior to class start times.
- NUH Group Exercise & Group Swim** One to three lanes are available for swimming. NorthShore University HealthSystem group exercise classes or EAC group swim classes are permitted to use up to three lanes during these times.

Please see the pool schedule on page 8.

Family Swim

The pool will be reserved for Family Swim. Lifeguards are on duty and will decide if lap swimming is available. Children must be accompanied by an adult at all times. For safety, children under 15 years of age and infants are not allowed in the whirlpool. Family Swim Rules are posted in the pool area.

Days & Times

- SATURDAYS 1:00–5:00 PM
- SUNDAYS 2:00–6:00 PM

Pricing

- 0–2 YEARS FREE
- 3–14 YEARS \$5.00

Children who have a *kids membership* or who are currently enrolled in an EAC swim program may enter at no charge.

Private Swim

Whether you are a total beginner, need technique work, or looking for a great swim workout, one-on-one swim instruction allows you to tailor your swim experience to fit your needs. Our certified instructors can teach you how to swim more effectively, increase your speed and endurance, and overall have fun in the water.

Contact Buffy Feinstein at 847-866-6190 ext. 277 for a referral.

Gym

The EAC gym is open for a variety of activities such as basketball, group exercise classes, volleyball leagues and climbing. Please take the time to orient yourself to the following:

Open Climb

The gym is reserved for climbing during the following times.

- SUNDAYS 9:30–11:00 AM

Open Gym

The gym is open to all activities. Full court basketball is allowed only if eight players are present.

Open Basketball

The gym is reserved for basketball play. If basketball players are not present, climbing and general exercise can take place.

Group Exercise Classes

A five-minute set-up and break-down period before and after class is required.

Volleyball

The entire gym is reserved for league play and practice.

Please see the gym schedule on page 7.

Volleyball

For more information, contact Woody Molinaro, Volleyball Program Coordinator, at 847-866-6190 ext. 264, volleyball@eaconline.com or visit our web site at www.eaconline.com/volleyball.

Open Volleyball

In addition to organized leagues, the gym is open for two hours on Saturday mornings to allow members to practice their skills and play in pick-up games. Check the web site or the volleyball display case in the court area for updated information or schedule changes, or call/email Woody Molinaro.

Volleyball Leagues

There are three volleyball leagues at EAC, as well as open gym time to participate in this popular sport. Each league is oriented towards players of different skill levels. The leagues are Sunday night, Tuesday night and Thursday night. Please visit the web site for information on each league.

League Sign-Up

The leagues are open to both EAC members and non-members and begin approximately every three months. Each league runs for 10 weeks, including one week for playoffs. Sign-up sheets will be available at the front desk.

- FALL LEAGUE STARTS MID-SEPTEMBER
- WINTER LEAGUE STARTS MID-JANUARY
- SPRING LEAGUE STARTS MID-APRIL

Pricing

- EAC MEMBERS
 - FIRST LEAGUE \$20
 - ADDITIONAL LEAGUES \$10
- NON-MEMBERS
 - FIRST LEAGUE \$60
 - ADDITIONAL LEAGUES \$50

Visit www.eaconline.com for more information.

Climbing Wall Schedule

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
5:00							
5:30							
6:00							
6:30							
7:00						Open Climb	
7:30				Open Climb			
8:00							Open Climb
8:30							
9:00							
9:30							
10:00						Supervised Climb*	
10:30			Open Climb		Open Climb		
11:00	Open Climb	Open Climb		10:00-1:00 Supervised & Complimentary Climb		11:00-12:30 Family Climb Safety Refresher Complimentary	11:00-1:00 Youth Team
11:30							
12:00							
12:30							
1:00						12:45-1:45 Kids Class II	
1:30							1:15-2:15 Kids Class II
2:00							
2:30				Open Climb		2:00-3:00 Kids Class I	2:30-3:30 Kids Class I
3:00							
3:30						3:15-4:45 Youth League Youth Class	3:30-5:00 Family Climb Safety Refresher Complimentary
4:00	4:00-5:00 Kids Class I			4:00-5:30 Youth League Youth Class	4:00-6:00 Youth Team		
4:30			4:00-6:00 Youth Team				
5:00							
5:30							5:00-6:30 Beginning Adult Class
6:00	6:00-7:30 Beginning Adult Class	5:30-7:00 Complimentary Climb*	Open Climb		6:00-7:30 Complimentary Climb		
6:30			6:30-9:30 Beginning Adult Class <i>(1st-2nd Wed. of month)</i>	Supervised & Lead Climb			
7:00						Open Climb	
7:30		Supervised Climb*			Supervised Climb		
8:00	Supervised Climb		Supervised Climb, Complimentary Climb or Specialty Clinics <i>(3rd-5th Wed. of month)</i>				Open Climb
8:30							
9:00							
9:30	Open Climb	Open Climb		Open Climb	Open Climb		
10:00			Open Climb				
10:30							
11:00							

To view our current schedule, visit www.eaconline.com.

*Certified climbers under 18 may climb during these periods up to 6:00 pm. Please see Gym Schedule for Gym Wall activity. For more information, contact Jeremy Bloomfield, at 847-866-6190 ext. 233.

Climbing Wall Programs

For more information, contact Jeremy Bloomfield, Climbing Programs Director, at 847-866-6190 ext. 233 or jeremy@eaconline.

Experience Our Wall

Discover the challenge, fun and excitement of indoor rock climbing. EAC boasts the highest quality and most complete indoor climbing facility in the area, featuring two Entre Prises climbing walls and a home grown custom bouldering cave. EAC's climbing walls provide the very best terrain for beginners and experts alike. EAC offers crack climbing, roofs, dihedrals, slab, sustained overhangs and 46-foot-high endurance routes.

Supervised Climb

EAC-certified climbers or current class participants may climb during this time. Staff is on duty to provide assistance with belaying. Certified climbers under 15 may climb until 6:00 pm.

Family Climb

Children ages 5–14 may use the wall during family climb for a \$5 fee. Children with "kids memberships" climb at no charge. Gear is included. Children must be accompanied by a parent at all times.

SATURDAYS 11:30 AM–12:30 PM
SUNDAYS 3:30–5:00 PM

Complimentary Climb

All members and guests (who have a complimentary pass or who have purchased a day visit) can climb during this time for free. You receive complimentary shoes and a harness, and do not have to be certified to climb during Complimentary Climb. So come along and discover what climbing at EAC is all about.

Lead Climb

EAC-certified lead climbers may lead during this time.

Bouldering Cave

Certified climbers 15 and older may use the cave at any time. Certified climbers under 15 may use the cave during supervised climb until 6:00 pm.

Open Climb

No staff on duty. Certified climbers 18 and older may use the wall during open climbing periods.

Safety Refresher

These are drop-in times for EAC-certified climbers who would like to have their safety skills checked or refreshed. This time may also be used by current class participants who have recently missed their regularly scheduled classes. Those who are not club members must still pay the guest fee and gear rental fees if applicable to participate.

Certification Test

Experienced climbers who wish to train on EAC's walls must pass a certification test. Successful completion of the test will enable you to use the wall during open or supervised climbing periods. Any supervisor will administer a certification test during Supervised Climb times. Classes and multiple private lessons include EAC certification fee at no extra charge.

CERTIFICATION FEE \$20

Equipment Rental*

Climbing wall equipment is available at EAC front desk.

SHOES OR HARNESS \$3
BOTH SHOES AND HARNESS \$5

Classes & Programs

EAC's nationally-recognized climbing program offers world class climbing instruction for kids, teens and adults. We offer classes and private lessons that provide thorough education and training to prepare you for your entry into the world of rock climbing.

Beginning Adult Rock Climb*

This course teaches basic rope and belaying skills, as well as basic movement techniques. This 6-hour class is offered as four 90-minute sessions or two 3-hour sessions.

MEMBER — 6 HOUR CLASS \$90
NON-MEMBER — 6 HOUR CLASS \$115

Kids & Youth Classes

Please see page 12 for complete information on Kids, Youth and Family Climbing.

Private Instruction*

Private climbing instruction is available for all skill levels. EAC offers the following personal climbing options:

PRIVATE LESSON FOR 1 PERSON \$75 per hour
PRIVATE LESSON FOR 2 PERSONS \$110 per hour

*All classes and private lessons include climbing gear. Classes and multiple private lessons include the EAC certification fee at no extra charge.

Speciality Clinics

Fill out form at the front desk or leave a message for Jeremy Bloomfield at 847-866-6190 ext. 223. If there's a program you would like that you don't see, contact Jeremy.

Clinics offered:

- Lead Climbing
- Intermediate Technique
- Family Climbing Class
- Adventure Racing
- Advanced Technique
- Bouldering

Missed Classes

Class participants are expected to make their scheduled classes. That said, class participants can climb during "Safety Refresher" times to get additional instruction. Gear rental fees apply at these times and non-members must still pay club guest fees. Participants may arrange an individual make-up session through the climbing wall manager for missed classes for a fee of \$25 per session.

Wall Rental for Groups & Parties

The EAC climbing wall is available for groups and parties. For more information, please contact Jeremy Bloomfield at 847-866-6190 ext. 233.

Pricing

MAIN WALL — 1½ HOURS

MEMBER \$275
NON-MEMBER \$300

GYM WALL — 2 HOURS

MEMBER \$275
NON-MEMBER \$300

Includes two instructors and gear.

½ MAIN WALL, INTRODUCTORY CLIMB — 1 HOUR

MEMBER \$100
NON-MEMBER \$125

Limited to four climbers. Includes one instructor and gear.

REFUND POLICY: *Participants may cancel their registration or transfer classes (if available) up to one week prior to the first scheduled meeting. After this time there are no refunds or transfers.*

Kids Climbing & Swimming

Family Climb

For more information, contact Jeremy Bloomfield, Climbing Programs Director, at 847-866-6190 ext. 233 or jeremy@eaonline.com.

Children ages 5–14 may use the wall during family climb for a \$5 fee. Children with “kids memberships” climb at no charge. Gear is included. Children must be accompanied by a parent at all times.

Days & Times

SATURDAYS	11:00 AM–12:30 PM
SUNDAYS	3:30–5:00 PM

Pricing

PER CHILD	\$.55
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Beginning Youth Rock Climb*

This class teaches basic rope and belaying skills as well as basic movement techniques (4-week course).

Ages 10–15 YEARS

Days & Times

THURSDAYS	4:00–5:30 PM
SATURDAYS	3:15–4:45 PM

Class Fees

4-WEEK SESSION	\$100
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Kids I: Beginning Rock Climb*

A high level of individual attention is provided focusing on technique. Additional skills such as climbing knots and belaying may be included based on the climbers skill level. Classes now have a 2:1 student to instructor ratio (4-week course).

Ages 5–9 YEARS

Days & Times

MONDAYS	4:00–5:00 PM
SATURDAYS	2:00–3:00 PM
SUNDAYS	2:30–3:30 PM

Class Fees

MEMBER — 4-WEEK SESSION	\$100
NON-MEMBER — 4-WEEK SESSION	\$125

Kids II: Kids League

This class is designed for kids who have completed one or more Kids Classes. The class maintains the 2:1 ratio of students to instructors. Climbers will be given games and exercises to develop their skills according to their interests and abilities.

Ages 5–9 YEARS

Days & Times

SATURDAYS	12:45–1:45 PM
SUNDAYS	1:15–2:15 PM

Class Fees

MEMBERS — 4-WEEK SESSION	\$100
NON-MEMBERS — 4-WEEK SESSION	\$125
3 CONSECUTIVE SESSIONS	\$255

*All classes and private lessons include climbing gear.

Youth League*

The youth league will provide on-going climbing opportunity and instruction to kids age 10–16 who are EAC certified climbers. The focus will be on fun, safety and technique.

Days & Times

THURSDAYS	4:00–5:30 PM
SATURDAYS	3:15–4:45 PM

League Fees

ONE DAY A WEEK	\$75 per month
TWO DAYS A WEEK	\$95 per month

Youth Climbing Team/ Competition Training

Join our Midwestern Regional Championship climbing team or the 2009 season. Contact Climbing Programs Director for more information.

Days & Times

WEDNESDAYS & FRIDAYS	4:00–6:00 PM
SUNDAYS	11:00 AM–1:00 PM (variable)

Kids Swimming

For more information, contact Buffy Feinstein, Aquatics Director, 847-866-6190 ext. 277 or groupswim@eaonline.com.

We offer a variety of children's swim classes for infants through age 14. Group classes are held mornings, afternoons, evenings and weekends to accommodate even the busiest of schedules. All of our instructors have both WSI and CPR certifications and have years of teaching experience. If you'd prefer one-on-one instruction, we also offer private swim lessons. Contact Buffy at 847-866-6190 ext. 277 or visit our web site for more information.

Family Swim

Bring your family to swim together during this lifeguard-supervised time. All children under the age of 15 must be accompanied by an adult, regardless of swimming capabilities.

Days & Times

SATURDAYS	1:00–5:00 PM
SUNDAYS	2:00–6:00 PM

Pricing

0–2 YEARS	FREE
3–14 YEARS	\$.55

Children who have a *kids membership* or who are currently enrolled in an EAC swim program may enter at no charge.

Visit www.eaonline.com for more information.

Kids Club ... more than just child care!

Kids Club Child Care

For more information, contact **Shawna Solsvig, Kids Club Director, at 847-866-6190 ext. 230 or shawna@eaconline.com.**

Your kids will stay just as active as you during their visit to Kids Club! While you enjoy your workout, allow your child to explore our safe and friendly environment or enroll your child in one of our creative classes. Either way, your kids will have a blast!

Kids Club Hours*

MORNINGS

MONDAY-FRIDAY 8:00 AM-1:30 PM
SATURDAY 8:45 AM-2:00 PM
SUNDAY 8:45 AM-1:30 PM

AFTERNOONS

MONDAY-THURSDAY 4:00-8:00 PM
FRIDAY 3:30-6:30 PM

*Days and times subject to change. Closed on all major holidays.

Pricing**

Fees are per family. All packages and renewals may be purchased at the EAC front desk.

1 VISIT \$8.50
15 VISITS \$90
1 MONTH UNLIMITED \$50
6 MONTHS MINIMUM UNLIMITED
(EFT only) \$39 per month

**Pricing subject to change.

Guidelines & Policies

- It's not necessary to call ahead to reserve a visit to the Kids Club.
- Kids Club services are provided for children ages 6 weeks to 8 years old.
- There is a **2-hour maximum time limit per visit**.
- Parents **must remain on club premises at all times**. Failure to do so may result in cancellation of membership.
- Each child must be signed in and out.
- Parents are only permitted to drop-off and pick-up their own child/children unless an Authorized Child Release form has been signed per visit. The same parent that drops-off their child/children must also pick them up.
- Due to severe and varied allergies, food, beverages and gum are not permitted anywhere in the Kids Club area.
- Sippy cups are not allowed in the Kids Club. However, water is available upon request.
- Bottles for babies are allowed in the Baby Room. However, we are not equipped to warm bottles.
- All items from home, including bottles, diaper bags, pacifiers, etc., must be labeled.
- Parents will be notified to address extreme behavior such as biting, excessive aggression, etc.
- Please provide diapers and wipes for your child/children. If your child is being toilet trained, please bring an additional change of clothes and diapers or pull-ups.
- If a child is upset, we will attempt to soothe them before contacting parent(s).

Health Policies

- Please do not bring your child if he/she exhibits any of the following: **fever, vomiting, diarrhea, rash, pink eye, sore throat, lice, excessive nasal discharge, coughing, etc.**
- To ensure the well-being of all our children and families, we reserve the right to refuse admittance at our discretion.
- The Kids Club is professionally cleaned daily.

Safety Policies

- Children will only be allowed to leave with the parent who dropped them off unless an Authorized Child Release form has been signed per visit.
- Children under the age of one and their parent(s) will be offered matching ID bracelets upon drop-off if requested. Bracelets for older children are available upon request.
- The Baby Room has a 3:1 child to staff ratio. The Big Kid Room has a 7:1 child to staff ratio.
- Kids Club Staff are CPR and First Aid certified and trained in emergency procedures.
- Kids Club staff have cleared two background checks.

Programs for Kids

For more information, visit our web site at www.eaconline.com or contact **Shawna Solsvig, Kids Club Director, at 847-866-6190 ext. 230 or shawna@eaconline.com.**

Classes

EAC offers a variety of creative and educational classes for the physical, social, emotional and cognitive development of your child.

Pricing**

Members and non-members are welcome! Classes are 45 minutes and held in the Kids Club Studio. Fees are per child and for members, include the remaining hour and 15 minutes of child care in Kids Club. Enroll in class to ensure a spot or if space allows, drop in when you are able. Ask the EAC front desk for information. *First class per child is complimentary!*

MEMBERS \$12.50 per class
NON-MEMBERS \$15.00 per class

**Pricing subject to change.

Camps

Children 3-8 years are invited to join us for swimming, rock climbing, arts and crafts, dance, movement, sports training and barrels of fun! Visit our web site or contact Shawna at ext. 230 for more information. Register immediately to reserve a spot!

Birthday Parties & Family Events

Celebrate a birthday or special occasion in Kids Club! Your package will include 100% fun with the option to add one of our fabulous classes taught by dynamic instructors (30 or 60 minutes). Staff is available to assist with your party. Contact the Kids Club Director for more information.

Infant Massage

This class is designed to teach caregivers how to massage their babies through 'hands-on' communication. You will learn simple strokes gathered from Swedish and Indian massage techniques that help tone baby's digestive, respiratory and circulatory systems. Infant massage enhances attachment and bonding that is the foundation from which all future relationships are based. Caregivers and infants ages 6 weeks to 7 months are welcome. Instructional handouts and oil will be provided. For more information, visit our web site or contact Shawna at ext. 230.

Massage Therapy & Wellness

For more information, contact Lisa Nigro, Director, at 847-866-6190 ext. 223.

Massage Therapy

Benefits of Bodywork

Massage is used in many physical rehabilitation programs. Clients can find relief for low back pain, arthritis and bursitis, as well as release from the stresses of everyday life. Whether your job requires you to sit for long hours, or you enjoy the challenges of the competitive athlete, EAC therapists can help you enjoy the benefits of massage therapy. Massage can also be helpful in dealing with different transitions in life. It can assist the young with stress reduction and the senior population with flexibility and circulation. When prescribed by your doctor, our services may be covered by insurance. We will provide you with all documentation necessary for reimbursement.

Our Staff

Our Massage Therapists have received training from nationally recognized schools throughout the country. They are members of various professional associations which require them to maintain continuing education hours, ensuring that they are proficient in the most current trends in the field, and providing each client with a professional therapeutic experience.

EAC Massage Services

- Swedish Massage
- Sports Massage
- Deep Tissue and Myofascial Massage
- Cranio-Sacral Therapy
- Pregnancy Massage
- Shiatsu
- Eastern Therapies

Pricing

½ HOUR	\$45
1 HOUR	\$70
1½ HOURS	\$95
5 SESSION PACKAGES*	
½ HOUR	\$200
1 HOUR	\$325
1½ HOURS	\$450

* Packages can be used with any therapist. Expires in six months.

Shiatsu

Literally meaning "finger pressure", Shiatsu is a massage technique adopted in Japan and developed with influences from both East and West. Differing from traditional massage in using firm pressure applied by the fingers, thumbs and palms, Shiatsu is concerned with correcting imbalances in the body and in maintaining general health. Combining exercises, stretches and meditations, Shiatsu works with the body's internal energy to provide a nurturing experience that promotes overall well-being and happiness.

Shiatsu can be used to treat the following symptoms:

- Back pain
- Migraine and many kinds of headaches
- Whiplash injuries and neck stiffness
- Reduced mobility
- Menstrual pain
- Digestive problems
- Asthmatic symptoms
- Sports injuries
- Frozen shoulder
- Sciatica
- Hypertension

Shiatsu Pricing

1 HOUR	\$70
1½ HOURS	\$95

Packages available.

Scheduling

All appointments can be made at the front desk in person or by phone at 847-866-6190. For details on individual therapists, please check our online Massage Therapist Bios. Early morning appointments will be taken upon request. Please arrive 10 minutes before your appointment to check-in. To avoid a \$45.00 cancellation fee, please give 24 hours notice to change or cancel an appointment.

Hours & Appointments

MONDAY-FRIDAY	9:00 AM-9:00 PM
SATURDAY-SUNDAY	9:00 AM-7:00 PM

Gift Cards Available

Gift cards make great gifts. Show someone you care with the gift of health. Non-members of EAC are welcome.

Nutrition Counseling

For more information and scheduling, contact Barbara Fine, R.D., at 847-866-6190 ext. 280 or nutrition@eaconline.com.

Build a healthy body by developing good eating habits and making wise choices. As a vital component of a healthy lifestyle, nutrition planning can help you improve your overall health. Members and non-members can schedule an appointment for personal nutrition planning with our Registered Dietician. You'll receive pertinent educational material to get you going. Regular follow up sessions are encouraged. Included in your Personalized Nutrition Program:

- Detailed grocery list
- Realistic meal and snack ideas
- Personalized nutrition plan for your lifestyle

Pricing

SINGLE SESSION	\$75
3 SESSION PACKAGE	\$210

Life Coaching

For more information, contact Jeremy Bloomfield, PsyD, at 847-866-6190 ext. 233.

Attain the life you want

Life Coaching is an exciting and innovative program designed to help you achieve your maximum potential. Identifying and building on your strengths, our staff of highly trained professionals works with you to create the life you want. Whether you strive for more balance, seek personal or professional growth, are experiencing a significant life transition, or simply want to enjoy life more, Life Coaching can help you reach your own definition of personal success.

Common areas of focus include:

- Career Change & Development
- Work/Life Balance
- Life Transitions (marriage, divorce, midlife)
- Improving Relationships/Social Life
- Health/Wellness/Self-care
- Personal/Spiritual Development
- Financial Fitness
- Organization & Time Management

Rehab Services

NorthShore University HealthSystem is excited to offer these high quality classes as part of a post-rehab curriculum designed to facilitate the transition into community wellness programs or baseline activity levels. Programs offered by NorthShore University HealthSystem carry fees separate from the EAC membership fee. Classes are led by licensed Physical Therapists. A Physician referral is required for Prenatal and Postnatal classes.

To register, call 847-570-5020, option 1 or visit us on the web at www.northshore.org/calendar. For more information about NorthShore University HealthSystem call 847-570-7170.

Child care is available at EAC for patients attending physical therapy at NorthShore University HealthSystem. See page 12 for Kids Club pricing, hours and policies.

Programs

Aquatic Hip and Knee Exercise

Lower extremity strengthening and flexibility exercises.

"Forevercise"

Low-impact aerobic strengthening classes for mid to older-adults

New Mommy Boot Camp

Designed for moms who are at least 6 weeks postpartum and looking to regain fitness in the initial postpartum stages.

Prenatal Aquatic Exercise

Assist expectant mothers in gaining and maintaining their fitness level. Pool aerobics classes offered during the second and third trimesters.

Prenatal Core and More

Strength and conditioning exercise with focus on core stability in pregnant women during the second and third trimesters.

Orthopedic Yoga

This class will focus on introducing basic yoga concepts and components of poses to post-injury/rehab patients with an emphasis on transition into a community class.

Pelvic Power Hour

This class is designed to address multiple symptoms of pelvic floor dysfunction including bladder or bowel incontinence, pelvic pain, pelvic organ prolapsed. This class is appropriate for all age levels.

Therapeutic Pilates

This class is taught by a licensed Physical Therapist and certified Pilates instructor. It will be taught at an introductory/beginner level, focusing on core strength, improving breathing efficiency, and increasing postural awareness.

Schedule

TIME	CLASS	ROOM
MONDAY		
11:00 am–12:00 pm	Aquatic Hip and Knee Exercise.....	T
2:00–3:00 pm	"Forevercise"	1
4:00–5:15 pm	Orthopedic Yoga/Therapeutic Pilates ...	2
TUESDAY		
2:00–3:00 pm	New Mommy Boot Camp.....	1
4:00–5:15 pm	Pelvic Power Hour	1
WEDNESDAY		
2:00–3:00 pm	"Forevercise".....	1
4:15–5:15 pm	Prenatal Core and More.....	2
THURSDAY		
11:00 am–12:00 pm	Aquatic Hip and Knee Exercise.....	T
2:00–3:00 pm	New Mommy Boot Camp.....	1
4:00–5:15 pm	Pelvic Power Hour	1
6:30–7:30 pm	Prenatal Aquatic Exercise	P

1 Studio 1

2 Studio 2

P Pool

T Therapy Pool

Visit www.eaconline.com for more information.



Evanston Athletic Club :: 1723 Benson Ave., Evanston, IL 60201 :: 847-866-6190 :: www.eaconline.com

Parking at EAC

Public parking is available within a block of the club.

Benson Street Garage

The Benson Street garage is located ½ block north of Clark St.

EAC MEMBER PRICING

0-2 HOURS\$1
2-3 HOURS\$2
3-5 HOURS\$3.75
OVER 5 HOURSREGULAR RATE

- Parking tickets must be validated at EAC to receive discount rate
- Only credit cards accepted for payment
- Lot available 24 hours a day, 7 days a week

City Parking Garages

1800 Maple Self Park Located one block west of EAC

Sherman Plaza Self Park Located 1½ blocks south of EAC

HOURLY RATES

LESS THAN 1 HOUR FREE
1-2 HOURS\$2
2-3 HOURS\$3
3-4 HOURS\$4
4-5 HOURS\$5

Metered Parking

All metered spaces are free before 8:00 am and after 9:00 pm Monday through Saturday, and free all day Sunday.

