Reach Your Health and Fitness Goals

Classes are 45 minutes, and each seven-week session costs $70 for the same class (unless otherwise noted). To register, call 630.909.8626

Core Fundamentals
Tuesdays – 10:00-10:45 am

Target your midsection while performing strengthening exercises in seated and standing positions. Exercises focus on improving lower back, abdominal and oblique muscles.

Total Body Workout
Mondays, Wednesdays, Fridays – 11:00-11:45 am

This circuit training class targets the main muscle groups with a cardio workout built in. The class uses a variety of equipment including resistance machines, weights, exercise balls and cardio machines.

Open Gym
Mondays, Wednesdays, Fridays – 12:00-1:00 pm
$35/one time per week; $60/two times per week; $85/three times per week

An independent workout class with a personal trainer present for consultation.

Seated Stretch
Thursdays – 1:00-1:45 pm

Join us for a relaxing and soothing class that will focus strictly on improving flexibility without even getting out of the chair! This class will implement stretching for all the main muscle groups while enjoying calming and peaceful music.

Better Balance
Wednesdays – 1:45-2:30 pm

In this class, individuals will perform a variety of balance drills and exercises that will challenge them in movements they perform daily. Better balance utilizes several different balance devices as well as integrating stretching into the workouts.

Personal Training Packages Available

Set, meet and reach beyond your goals with a personal trainer. Use various equipment and stretches to understand how your body responds to exercise and the positive impact exercise has on your health. Personal Trainer Frankie Greco will work with you to determine and achieve your fitness goals, beginning at your current fitness level.

Individual packages:

One 60-minute session: $50
6 – 60-minute sessions (for the price of 5): $250
12 – 60-minute sessions (for the price of 10): $500

One 30-minute session: $25
6 – 30-minute sessions (for the price of 5): $125
12 – 30-minute sessions (for the price of 10): $250

Frankie Greco has a BS in Exercise Science and is an ACSM Personal Trainer and a NASM Fitness Nutrition Specialist. His experience in various health and wellness areas has enabled him to help many people succeed in reaching their health and fitness goals. Frankie works with people of all ages to achieve weight loss, strength, and cardiovascular goals while creating unique ways to improve their flexibility and balance.

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