



Fundamental Fitness at Galter Life Center

Ready for a healthy change, but not sure where to start?

You are not alone. It is normal to feel uncomfortable, nervous or lost when starting a new exercise or nutrition program. Fortunately, our fitness experts at Galter Life Center can address all your questions and concerns.

Our Fundamental Fitness program is specifically designed to give you the opportunity to learn about wellness in a supportive and encouraging environment at a minimal expense. Learn at your own pace in a supportive, small group setting. Sessions are held both in the classroom and on the exercise floor to help you ease into a fitness routine that works for you! Nonmembers will also have access to the facility during the duration of the program.

In this 8-course, you will:

- Discover how to set small goals that make a big difference.
- Develop strategies for making time to exercise.
- Have access to a variety of fitness experts.
- Learn nutrition tips that fit into your busy life.
- Gain the knowledge to create workouts on your own!



Instructor:
Peter M.

Dates:
Mondays, Noon-1 p.m.

Fees:
\$50 for members
\$100 for nonmembers

How to get started:

Call **773-878-9936, ext. 3863** or email **Peter.Marcy@endeavorhealth.org**.



FREE Adult Learn-to-Swim samples at Galter Life Center

Want to learn how to swim or improve your skills? Galter Life Center has you covered! We're offering *FREE* Adult Learn-to-Swim sample classes to try out before our spring session begins. These classes are designed for beginners with valuable tips on overcoming fear of the water, or for those looking to improve their technique. Still not convinced? You also can stop by and simply watch from the sidelines if you're not ready to dive in. Take advantage of this free opportunity today!

Registration is required. Limited spots are available, so please limit yourself to one sample. See reverse side for more information and class descriptions. Scan the QR code to log into the member portal and register under the Courses/Events Schedule, or call the Courtesy Desk at **773-878-9936, ext. 5660**.



SEE REVERSE SIDE FOR MORE INFORMATION

For more information, contact the **Aquatics Department** at **773-878-9936, ext. 7309**, or email **GLCAquaticsInfo@endeavorhealth.org**.



FREE Adult Learn-to-Swim samples *at Galter Life Center*

Sample classes will help you get a better understanding of what to expect in the Adult Learn-to-Swim program and what class would be best for you. Curriculums for the Adult Learn-to-Swim program include:

Adult Learn-to-Swim 1

Adult Learn-to-Swim 1 offers participants the opportunity to conquer fear of the water and build real confidence, whether you have never learned to swim, or its simply been a while since you got in the water. Every class begins with practicing relaxed breathing to help you find buoyancy and float with ease, while gradually introducing the fundamentals of freestyle and backstroke.

Adult Learn-to-Swim 2

Adult Learn-to-Swim 2 offers participants who can comfortably swim 25 yards the opportunity to refine their freestyle and backstroke technique, whie learning or strengthening the fundamentals of butterfly and breaststroke. With a focus on stroke development and endurance, Adult Learn-to-Swim 2 helps you swim stronger, smoother, and with greater confidence.

Class Option	Date	Time	Location
Adult Learn-to-Swim 1 Sample	Thursday, March 26	7-7:30 a.m.	East Pool
Adult Learn-to-Swim 2 Sample		7:30-8 a.m.	
Adult Learn-to-Swim 1 Sample		6-6:30 p.m.	
Adult Learn-to-Swim 2 Sample		6:30-7 p.m.	
Adult Learn-to-Swim 1 Sample	Monday, March 30	6-6:30 p.m.	
Adult Learn-to-Swim 2 Sample		6:30-7 p.m.	
Adult Learn-to-Swim 1 Sample		7-7:30 p.m.	
Adult Learn-to-Swim 2 Sample		7:30-8 p.m.	

SEE REVERSE SIDE FOR MORE INFORMATION

For more information, contact the **Aquatics Department** at **773-878-9936, ext. 7309**,
or email **GLCAquaticsInfo@endeavorhealth.org**.



Endeavor Health
Fitness & Wellness Center



Abs by Elisa

at Galter Life Center



Strengthen, sculpt, and stabilize with Abs by Elisa! This conditioning class is designed to build strong fundamentals to work the entire core. You'll train in multiple planes of movement to create strength, learn progressions as you get stronger, and practice effective breathing techniques to elevate every rep. Join Elisa and start building from your center out!

Scan the QR code to log into the member portal. Register for this program under the Courses/Events Schedule.



Instructor:

Elisa G.

Dates:

Mondays (6:15-7 a.m.)
March 30 - May 18

Location:

Studio 3

Fees:

\$169 for members;
\$198 for nonmembers

For more information, contact **Amy Beck** at
773-878-9936, ext. 7318
or email **Amy.Beck@endeavorhealth.org**.

5157 N. Francisco Ave., Chicago, IL, 60625
773-878-9936 | galterlifecenter.org



Women on Weights at Galter Life Center

Want to feel stronger, more confident and healthier? Join us for this fun and energizing strength-building workout! This small group will integrate free weights, kettlebells, body weight, ViPR, cables, etc. to create a stronger, leaner body. You'll learn basic weight-lifting movements and progress to intermediate lifts. All fitness levels are welcome; individual modifications can be made. *Lift to shine, lift to conquer!*

Scan the QR code to log into the member portal and register. Registration is listed under the Courses/Events Schedule.



OPTION ONE

Thursdays (Noon-1 p.m.)

Dates: April 2 - May 21

Instructor: Nicole S.

Location: Studio 2

Price: \$225 (members)

\$264 (nonmembers)

-OR-

OPTION TWO

Tuesdays (6-7 p.m.)

Dates: April 7 - May 26

Instructor: Jackie G.

Location: Studio 3

Price: \$225 (members)

\$264 (nonmembers)

-OR-

OPTION THREE

Wednesdays (7:30-8:30 a.m.)

Dates: April 8 - May 27

Instructor: Jackie G.

Location: Studio 3

Price: \$225 (members)

\$264 (nonmembers)

For more information, contact **Amy Beck** at
773-878-9936, ext. 7318
or email **Amy.Beck@endeavorhealth.org**.



Endeavor Health
Fitness & Wellness Center

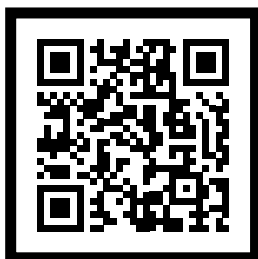


Pilates Studio Sampler *at Galter Life Center*

Join us for a 3-session introductory series in our fully-equipped Pilates studio. Enjoy personalized attention in a supportive and energizing environment—each class is limited to just 4 participants to ensure you get the most out of every movement.

Whether you're new to Pilates or looking to refine your practice, this small group format offers the perfect balance of expert instruction, individualized feedback, and community connection.

Scan the QR code and register through the Courses/Events Schedule in the member portal.



Instructor:

Andrew R.

Dates:

Fridays (5-5:50 p.m.)
April 3 - 17

Location:

Pilates Studio

Fees:

\$85 for members;
\$100 for nonmembers

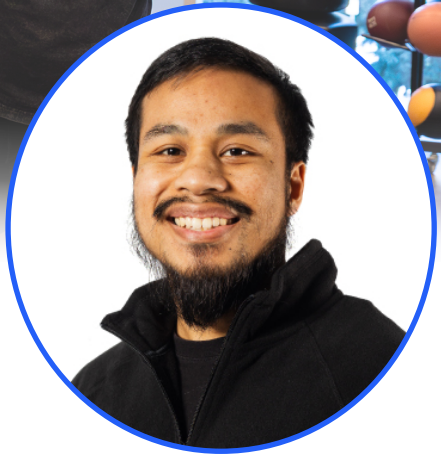
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773-878-9936 | galterlifecenter.org



BoxFit

at Galter Life Center



Get ready to punch, sweat, and have fun in this dynamic, non-sparring boxing class designed for adults of all fitness levels! From mitt work to ladder drills, this one hour class trains boxing technique and ring conditioning with authentic combinations. All fitness levels are welcome to participate, no prior experience needed. Bringing your own equipment is encouraged, however, gloves and mitts are available. Unleash your inner fighter!

Scan the QR code to log into the member portal. Search for this class on Tuesdays or Thursdays under Class Schedule to register.



Instructor:
Rodney P.

Dates:
Tuesdays (10:30-11:30 a.m.)
April 7 - May 19
-OR-
Thursdays (5-6 p.m.)
April 9 - May 21

Location:
Studio 3 (Tuesdays)
Studio 2 (Thursdays)

Fees:
\$186 for members;
\$218 for nonmembers

For more information, contact **Rodney Pintang** at **773-878-9936, ext. 3913**, or email **Rodney.Pintang@endeavorhealth.org**.



Aquababies

at Galter Life Center

Aquababies is a parent-child swim class dedicated to educating parents on water safety while acclimating their child to water in a safe setting. Parents will learn the appropriate ways to hold their child in the water while their child develops motor skills related to swimming. These semi-private classes are limited to 3 participants per instructor.

Registration is required. Scan the QR code to log into the member portal and register under the Courses/Events Schedule. Galter Life Center members can sign up 2 weeks in advance of the class start date. Nonmembers can sign up 1 week in advance of the class start date.



Session Dates:

April 10-June 18, 2026*

**There will be no class the week of May 22-28.*

Fees:

Members \$276

Nonmembers \$324

SEE REVERSE SIDE FOR MORE INFORMATION

For more information, contact the **Aquatics Department** at **773-878-9936, ext. 7309**,
or email **glcaquaticsinfo@schosp.org**.



All classes are 30 minutes. Curriculums for the Aquababies program include:

Aquababies 1:

- Water safety skills
- Scooping
- Jumping in the water
- Underwater exploration
- Kicking on back

Aquababies 2:

- Water safety skills
- Blowing bubbles
- Flipping safely from front to back floats
- Instructor-assisted swimming skills

Aquababies 3:

- Water safety skills
- Assisted swimming with instructor
- Pushing off the wall
- Floating/kicking on front and back
- Blowing face-in bubbles

Class Option	Member registration begins:	Nonmember registration begins:	Make up class:
Aquababies 1 (6 months-1 year old)			
Saturdays at 9 a.m. <i>begins Saturday, April 11</i>	Saturday, March 28	Saturday, April 4	Saturday, June 13
Saturdays at 9:30 a.m. <i>begins Saturday, April 11</i>	Saturday, March 28	Saturday, April 4	Saturday, June 13
Sundays at 9 a.m. <i>begins Sunday, April 12</i>	Sunday, March 29	Sunday, April 5	Sunday, June 14
Sundays at 9:30 a.m. <i>begins Sunday, April 12</i>	Sunday, March 29	Sunday, April 5	Sunday, June 14
Aquababies 2 (1-2 years old)			
Saturdays at 10 a.m. <i>begins Saturday, April 11</i>	Saturday, March 28	Saturday, April 4	Saturday, June 13
Saturdays at 10:30 a.m. <i>begins Saturday, April 11</i>	Saturday, March 28	Saturday, April 4	Saturday, June 13
Sundays at 10 a.m. <i>begins Sunday, April 12</i>	Sunday, March 29	Sunday, April 5	Sunday, June 14
Sundays at 10:30 a.m. <i>begins Sunday, April 12</i>	Sunday, March 29	Sunday, April 5	Sunday, June 14
Aquababies 3 (2-3 years old)			
Saturdays at 11 a.m. <i>begins Saturday, April 11</i>	Saturday, March 28	Saturday, April 4	Saturday, June 13
Saturdays at 11:30 a.m. <i>begins Saturday, April 11</i>	Saturday, March 28	Saturday, April 4	Saturday, June 13
Sundays at 11 a.m. <i>begins Sunday, April 12</i>	Sunday, March 29	Sunday, April 5	Sunday, June 14
Sundays at 11:30 a.m. <i>begins Sunday, April 12</i>	Sunday, March 29	Sunday, April 5	Sunday, June 14

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For more information, contact the **Aquatics Department** at **773-878-9936, ext. 7309**,
or email glcaquaticsinfo@schosp.org.



Learn-to-Swim at Galter Life Center

Learn-to-Swim is designed for children 3-8 years old who want to learn how to swim or refine their skills. Classes are taught by a certified swim instructor dedicated to improving students' overall confidence in the water and increasing their understanding of the fundamentals of swimming.

Registration is required. Scan the QR code to log into the member portal and register under the Courses/Events Schedule. Galter Life Center members can sign up 2 weeks in advance of the class start date. Nonmembers can sign up 1 week in advance of the class start date.



Session Dates:

April 10-June 18, 2026*

**There will be no class the week of May 22-28.*

Fees:

Members \$276

Nonmembers \$324

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For more information, contact the **Aquatics Department** at **773-878-9936, ext. 7309**, or email **glcaquaticsinfo@schosp.org**.



Learn-to-Swim *at Galter Life Center*

All classes are 30 minutes. Children must be able to perform all skills taught in the preceding Learn-to-Swim group before being allowed to participate in higher-level classes. Children will learn basic independent skills and body movement in a safe, comfortable environment. If you need to discuss what class fits best for your child, contact the Aquatics department for more information.

Class Option	Member registration begins:	Nonmember registration begins:	Make up class:
Learn-to-Swim 1			
Fridays at 4 p.m. <i>begins Friday, April 10</i>	Friday, March 27	Friday, April 3	Friday, June 12
Fridays at 5:30 p.m. <i>begins Friday, April 10</i>	Friday, March 27	Friday, April 3	Friday, June 12
Saturdays at 11 a.m. <i>begins Saturday, April 11</i>	Saturday, March 28	Saturday, April 4	Saturday, June 13
Saturdays at 11:30 a.m. <i>begins Saturday, April 11</i>	Saturday, March 28	Saturday, April 4	Saturday, June 13
Learn-to-Swim 2			
Fridays at 4:30 p.m. <i>begins Friday, April 10</i>	Friday, March 27	Friday, April 3	Friday, June 12
Saturdays at 11:30 a.m. <i>begins Saturday, April 11</i>	Saturday, March 28	Saturday, April 4	Saturday, June 13
Learn-to-Swim 3			
Fridays at 5 p.m. <i>begins Friday, April 10</i>	Friday, March 27	Friday, April 3	Friday, June 12
Learn-to-Swim 4			
Fridays at 5:30 p.m. <i>begins Friday, April 10</i>	Friday, March 27	Friday, April 3	Friday, June 12
Learn-to-Swim 5			
Fridays at 5:30 p.m. <i>begins Friday, April 10</i>	Friday, March 27	Friday, April 3	Friday, June 12

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For more information, contact the **Aquatics Department** at **773-878-9936, ext. 7309**,
or email glcaquaticsinfo@schosp.org.

Galter Life Center

Learn-to-Swim Curriculum

Learn-to-Swim is designed for children 3-8 years old who want to learn how to swim or refine their skills. Classes are taught by an experienced, certified swim instructor dedicated to improving students' overall confidence in the water and increasing their understanding of the fundamentals of swimming. Students must be able to perform all skills taught in the previous class before they can register for the next level. See the requirements below to see which class is right for your child.

Learn-to-Swim 1 Curriculum

- Entering/Exiting water safely
- Blowing bubbles with mouth and nose
- Submerging face while supported
- Floating on front and back without support
- Kicking on front and back while supported
- Pushing off bench to instructor with face in water
- Jumping into the pool with assistance

Learn-to-Swim 2 Curriculum

- Submerging and recovering face in water, with repetition
- Retrieving submerged objects from the bottom of the pool
- Doggie paddling unsupported for 5 yards
- Kicking on front and back unsupported for 5 yards
- Jumping into the pool unassisted

Learn-to-Swim 3 Curriculum

- Streamlining on front and back while supported
- Performing the front crawl for 5 yards
- Introduction to lateral breathing
- Performing the backstroke for 5 yards
- Performing the elementary backstroke with arms and legs while supported

Learn-to-Swim 4 Curriculum

- Streamlining on front and back with flutter kick
- Performing the front crawl with lateral breathing for 10 yards
- Performing the backstroke for 10 yards
- Performing the elementary backstroke for 10 yards

Learn-to-Swim 5 Curriculum

- Performing the front crawl for 25 yards
- Performing the backstroke for 25 yards
- Performing the elementary backstroke for 25 yards
- Performing the breaststroke pull for 10 yards
- Performing the breaststroke kick for 10 yards



Swim Club at Galter Life Center

Swim Club provides a progressive swimming pathway for individuals 8-14 years old who have graduated from the Learn-to-Swim program and are able and ready to begin swimming in the West Pool. The program is led by experienced and certified competitive coaches dedicated to improving students' technique, stroke development and endurance.

Registration is required. Scan the QR code to log into the member portal and register under the Courses/Events Schedule. Galter Life Center members can sign up 2 weeks in advance of the class start date. Nonmembers can sign up 1 week in advance of the class start date.



Session Dates:

April 10-June 18, 2026*

**There will be no class the week of May 22-28.*

Fees:

Members \$284

Nonmembers \$333

SEE REVERSE SIDE FOR MORE INFORMATION

For more information, contact the **Aquatics Department** at **773-878-9936, ext. 7309**,
or email glcaquaticsinfo@schosp.org.



Swim Club *at Galter Life Center*

Swim Club is led by experienced and certified competitive coaches dedicated to improving students’ technique, stroke development and endurance. Swim Club 1 is a 45-minute class. Swim Club 2 is a 1 hour class. Both classes take place in the West Pool. Class size is 5 participants to 1 instructor. Parents and guardians will sit outside the pool deck in the observation area. Curriculums for Swim Club include:

Swim Club 1:

- Swimming multiple lengths in a 25 yard pool
- Performing the front crawl with lateral breathing for 25 yards
- Performing the backstroke for 25 yards
- Gaining a basic understanding of breast stroke, kick and pull

Swim Club 2:

- Performing the front crawl with lateral breathing for multiple lengths in a 25 yard pool
- Performing the backstroke for multiple lengths in a 25 yard pool
- Performing the breaststroke for multiple lengths in a 25 yard pool
- Gaining a basic understanding of the dolphin kick

Class Option	Member registration begins:	Nonmember registration begins:	Make up class:
Swim Club 1			
Fridays at 4 p.m. <i>begins Friday, April 10</i>	Friday, March 27	Friday, April 3	Friday, June 12
Swim Club 2			
Fridays at 5 p.m. <i>begins Friday, April 10</i>	Friday, March 27	Friday, April 3	Friday, June 12

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For more information, contact the **Aquatics Department** at **773-878-9936, ext. 7309**,
or email glcaquaticsinfo@schosp.org.



Adult Learn-to-Swim at Galter Life Center

Want to learn how to swim or improve your skills? Galter Life Center has you covered! Adult Learn-to-Swim classes are designed for beginners with valuable tips on overcoming fear of the water, or for those looking to improve their technique. See reverse side to decide which class is right for you!

Registration is required. Scan the QR code to log into the member portal and register under the Courses/Events Schedule. Galter Life Center members can sign up 2 weeks in advance of the class start date. Nonmembers can sign up 1 week in advance of the class start date.



Session Dates:

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Members \$284

Nonmembers \$333

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or email **glcaquaticsinfo@schosp.org**.



Adult Learn-to-Swim at Galter Life Center

All classes are 45 minutes. Descriptions are listed below to help you get a better understanding on what to expect and which class would be best for you:

Adult Learn-to-Swim 1

Adult Learn-to-Swim 1 offers participants the opportunity to conquer fear of the water and build real confidence, whether you have never learned to swim, or its simply been a while since you got in the water. Every class begins with practicing relaxed breathing to help you find buoyancy and float with ease, while gradually introducing the fundamentals of freestyle and backstroke.

Adult Learn-to-Swim 2

Adult Learn-to-Swim 2 offers participants who can comfortably swim 25 yards the opportunity to refine their freestyle and backstroke technique, while learning and strengthening the fundamentals of butterfly and breaststroke. With a focus on stroke development and endurance, Adult Learn-to-Swim 2 helps you swim stronger, smoother, and with greater confidence.

Class Option	Member registration begins:	Nonmember registration begins:	Make up class:
Adult Learn-to-Swim 1 (East Pool)			
Mondays at 6 p.m. <i>starts Monday, April 13</i>	Monday, March 30	Monday, April 6	Monday, June 15
Thursdays at 7 a.m. <i>starts Thursday, April 16</i>	Thursday, April 2	Thursday, April 9	Thursday, June 18
Thursdays at 6 p.m. <i>starts Thursday, April 16</i>	Thursday, April 2	Thursday, April 9	Thursday, June 18
Adult Learn-to-Swim 2 (West Pool)			
Mondays at 7 p.m. <i>starts Monday, April 13</i>	Monday, March 30	Monday, April 6	Monday, June 15
Thursdays at 7 p.m. <i>starts Thursday, April 16</i>	Thursday, April 2	Thursday, April 9	Thursday, June 18

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For more information, contact the **Aquatics Department** at **773-878-9936, ext. 7309**,
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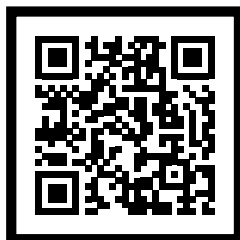
Basics of Ballet at Galter Life Center

Step into the world ballet and experience the perfect blend of movement, balance, and mindfulness. This class is perfect for beginners as it requires no experience and helps improve posture, flexibility, and coordination.

Learn fun, simple ballet steps and dynamic combinations that challenge your brain and body. With a focus on proper alignment, you'll relieve tension, boost cognitive health, and feel great from head to toe!

Registration is required. Join us to explore ballet in a welcoming and supportive environment - where every step is an opportunity for growth!

Scan the QR code to log into the member portal. Register for this program under the Courses/Events Schedule.



Instructor:

Tonna R.

Dates:

Sundays (1-2 p.m.)
April 12-June 7

Location:

Studio 2

Fees:

\$128 for members;
\$150 for nonmembers

For more information, contact **Rodney Pintang**
at **773-878-9936, ext. 3913**
or email **RPintang@schosp.org**.



Pelvic Health for Women *at Galter Life Center*

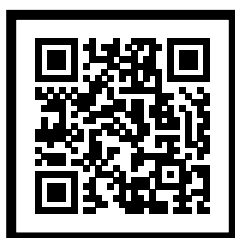


Ladies - tired of needing a trip to the bathroom during every workout? Do you experience little leaks when you sneeze, or frequent nighttime trips to the bathroom that disrupt your sleep?

You'll learn to identify crucial muscles in your pelvic floor and easy exercises that take just minutes out of your day and result in rapid improvement. You work to strengthen every other group of muscles in your body - why neglect your pelvic floor muscles?

Registration is required. Sign up now and reap the benefits and confidence of a strong pelvic floor!

Scan the QR code to log into the member portal and register for this class under the Courses/Events Schedule.



Instructor:
Karen M.

Date:
Tuesday, April 14
10:30-11:30 a.m.

Location:
Studio 4

Fees:
\$16 for members;
\$18 for nonmembers

For more information, contact **Karen McAuliffe**
at **773-878-9936, ext. 7723**
or email at **Karen.McAuliffe@endeavorhealth.org**.

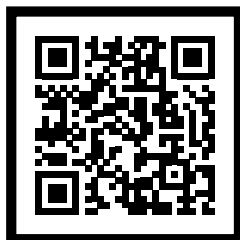


Triathlon Training at Galter Life Center

Join our team to learn the ins and outs of tri training, get fit with fun group workouts, and do a Triathlon! This program is for people of all levels: the brand-new athlete preparing for their first sprint-distance triathlon, as well as the seasoned athlete looking to continue or restart the season.

Bike, bike helmet, and meeting prerequisites for swimming (can swim 50 yards continuously with less than a minute rest) and jogging (can jog a mile) are all required at the start of the program. Advanced registration to participate in the Triathlon race-day event is separate and optional.

Scan the QR code to log into the member portal. Register for this program under the Courses/Events Schedule.



Instructor:

John K.

Dates:

Saturdays (5:30-7:30 a.m.)
April 18-July 11*

*There will be no class Saturday, July 4.

Location:

West Pool (5:30-6:30 a.m.)
Studio 3 (6:30-7:30 a.m.)

Fees:

\$383 for members;
\$450 for nonmembers

For more information, contact **Rodney Pintang**
at **773-878-9936, ext. 3913**
or email **RPintang@schosp.org**.



Endeavor Health
Fitness & Wellness Center



#TBT: Transform, Build, Thrive at Galter Life Center

Take the first step toward better health. TRANSFORM your mind, BUILD your body, and THRIVE in life with #TBT!

Each week of the 8-week program, we will meet together for group workouts focusing on strength, endurance, balance and flexibility. You'll also receive weekly tips focused on key wellness principles such as hydration, sleep and stress management.

The group is welcoming to all fitness levels, especially beginners or those returning to exercise. We will start with slow and gentle work, building along the way. As you grow, you will develop the mindset and habits to set you up for continued success!

Registration is required. Scan the QR code to log into the member portal and register for this class on the Courses/Events Schedule, or call the Courtesy Desk at **773-878-9936, ext. 5660.**

Instructors:

Jackie G. and Nicole S.

Dates:

Mondays (6-7 p.m.)
May 4 - June 29

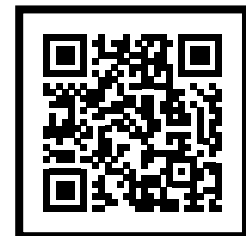
**There will be no class Monday, May 25*

Location:

Studio 3

Fees:

\$111 for members;
\$130 for nonmembers



For more information, contact **Amy Beck** at **773-878-9936, ext. 7318**,
or email **Amy.Beck@endeavorhealth.org**.

Galter Life Center
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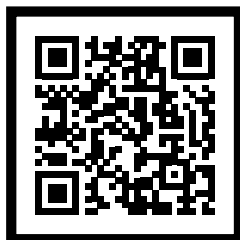
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Instructor:

Tonna R.

Dates:

Sundays (1-2 p.m.)
June 14-August 9

Location:

Studio 2

Fees:

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\$150 for nonmembers

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