



Endeavor Health
Fitness & Wellness Center

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 register. Registration is listed under the Courses/Events Schedule in the member portal.



OPTION ONE

Thursdays (9:30-10:30 a.m.)
8-week program

Dates: January 8 - February 26

Instructor: Elisa G.

Price: \$225 (members)
\$264 (nonmembers)

-OR-

OPTION TWO

Fridays (6-7 p.m.)
6-week program

Dates: January 16 - February 20

Instructor: C.C.

Price: \$169 (members)
\$198 (nonmembers)

-OR-

OPTION THREE

Thursdays (Noon-1 p.m.)
8-week program

Dates: January 22 - March 12

Instructor: Nicole S.

Price: \$225 (members)
\$264 (nonmembers)

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

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



Endeavor Health
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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:

January 9 - March 12, 2026

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**.

Galter Life Center
5157 N. Francisco Ave., Chicago, IL, 60625
773-878-9936 | galterlifecenter.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, January 10</i>	Saturday, December 27	Saturday, January 3	Saturday, March 7
Saturdays at 9:30 a.m. <i>begins Saturday, January 10</i>	Saturday, December 27	Saturday, January 3	Saturday, March 7
Sundays at 9 a.m. <i>begins Sunday, January 11</i>	Sunday, December 28	Sunday, January 4	Sunday, March 8
Sundays at 9:30 a.m. <i>begins Sunday, January 11</i>	Sunday, December 28	Sunday, January 4	Sunday, March 8
Aquababies 2 (1-2 years old)			
Saturdays at 10 a.m. <i>begins Saturday, January 10</i>	Saturday, December 27	Saturday, January 3	Saturday, March 7
Saturdays at 10:30 a.m. <i>begins Saturday, January 10</i>	Saturday, December 27	Saturday, January 3	Saturday, March 7
Sundays at 10 a.m. <i>begins Sunday, January 11</i>	Sunday, December 28	Sunday, January 4	Sunday, March 8
Sundays at 10:30 a.m. <i>begins Sunday, January 11</i>	Sunday, December 28	Sunday, January 4	Sunday, March 8
Aquababies 3 (2-3 years old)			
Saturdays at 11 a.m. <i>begins Saturday, January 10</i>	Saturday, December 27	Saturday, January 3	Saturday, March 7
Saturdays at 11:30 a.m. <i>begins Saturday, January 10</i>	Saturday, December 27	Saturday, January 3	Saturday, March 7
Sundays at 11 a.m. <i>begins Sunday, January 11</i>	Sunday, December 28	Sunday, January 4	Sunday, March 8
Sundays at 11:30 a.m. <i>begins Sunday, January 11</i>	Sunday, December 28	Sunday, January 4	Sunday, March 8

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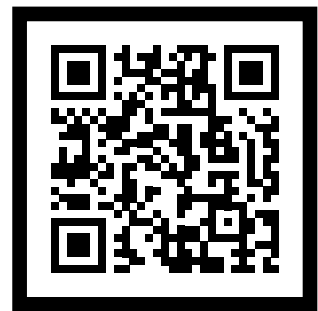
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Learn-to-Swim *at Galter Life Center*

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:

January 9 - March 12, 2026

Fees:

Members \$276
Nonmembers \$324

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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, January 9</i>	Friday, December 26	Friday, January 2	Friday, March 6
Fridays at 5:30 p.m. <i>begins Friday, January 9</i>	Friday, December 26	Friday, January 2	Friday, March 6
Saturdays at 11 a.m. <i>begins Saturday, January 10</i>	Saturday, December 27	Saturday, January 3	Saturday, March 7
Saturdays at 11:30 a.m. <i>begins Saturday, January 10</i>	Saturday, December 27	Saturday, January 3	Saturday, March 7
Learn-to-Swim 2			
Fridays at 4:30 p.m. <i>begins Friday, January 9</i>	Friday, December 26	Friday, January 2	Friday, March 6
Saturdays at 11:30 a.m. <i>begins Saturday, January 10</i>	Saturday, December 27	Saturday, January 3	Saturday, March 7
Learn-to-Swim 3			
Fridays at 5 p.m. <i>begins Friday, January 9</i>	Friday, December 26	Friday, January 2	Friday, March 6
Learn-to-Swim 4			
Fridays at 5:30 p.m. <i>begins Friday, January 9</i>	Friday, December 26	Friday, January 2	Friday, March 6
Learn-to-Swim 5			
Fridays at 5:30 p.m. <i>begins Friday, January 9</i>	Friday, December 26	Friday, January 2	Friday, March 6

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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



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Swim Club *at Galter Life Center*

Swim Club provides a progressive swimming pathway for individuals who have graduated from the Learn-to-Swim program and are ready to begin swimming our West Lap Pool. Students must be able to perform all skills taught in the preceding Learn-to-Swim program before signing up for Swim Club.

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:

January 9 - March 12, 2026

Fees:

Members \$284
Nonmembers \$333

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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, January 9</i>	Friday, December 26	Friday, January 2	Friday, March 6
Swim Club 2			
Fridays at 5 p.m. <i>begins Friday, January 9</i>	Friday, December 26	Friday, January 2	Friday, March 6

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

Adult Learn-to-Swim is for adults 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.

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:

January 9 - March 12, 2026

Fees:

Members \$284
Nonmembers \$333

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Adult Learn-to-Swim at Galter Life Center

All classes are 45 minutes. Curriculums for the Adult Learn-to-Swim program include:

Adult Learn-to-Swim 1

Designed for someone who is just starting out. Adult Learn-to-Swim 1 will address skills ranging from conquering fears all the way up to fundamentals of swimming (breathing, floating, freestyle/backstroke).

Adult Learn-to-Swim 2

Designed for someone who is getting back into swimming with a basic understanding of the fundamentals of swimming. Adult Learn-to-Swim 2 will focus on specific stroke refinement, breathing technique and endurance progression.

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, January 12</i>	Monday, December 29	Monday, January 5	Monday, March 9
Thursdays at 7 a.m. <i>starts Thursday, January 15</i>	Thursday, January 1	Thursday, January 8	Thursday, March 12
Thursdays at 6 p.m. <i>starts Thursday, January 15</i>	Thursday, January 1	Thursday, January 8	Thursday, March 12
Adult Learn-to-Swim 2 (West Pool)			
Mondays at 7 p.m. <i>starts Monday, January 12</i>	Monday, December 29	Monday, January 5	Monday, March 9
Thursdays at 7 p.m. <i>starts Thursday, January 15</i>	Thursday, January 1	Thursday, January 8	Thursday, March 12

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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.)
January 11 - March 1

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**.

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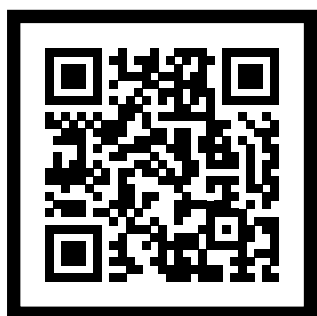


Abs by Elisa

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.)
January 12 - March 9
** There will be no class on
Monday, February 16.*

Location:
Studio 3

Fees:
\$128 for members;
\$150 for nonmembers

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

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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 register. Register for this program under the Courses/Events Schedule in the member portal.



Instructor:

Rodney P.

Dates:

Tuesdays (10:30-11:30 a.m.)

January 13 - March 3

-OR-

Thursdays (4-5 p.m.)

January 15 - March 5

Location:

Studio 3

Drop-In Fees:

\$29 for members;

\$33 for nonmembers

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

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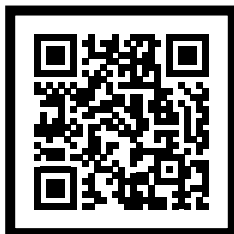
Pelvic Health for Women *at Galter Life Center*

Ladies - tired of needing a trip to the bathroom during every workout class? Do you avoid long runs because you're afraid your bladder won't hold up? 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, January 13
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 **KMcAuliffe@schosp.org**.

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Frost Fit at Galter Life Center

If you're looking to get in shape for winter recreation such as cross-country or downhill skiing, snowshoeing, or outdoor winter running, this class is for you! We will focus on leg and core strength, cardiovascular endurance, as well as some plyometric work to improve your muscle power. Get ready for your frosty adventures! All workouts will be held indoors in Studio 3.

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



Instructor:
Karen M.

Date:
Wednesdays (6:15-7 a.m.)
January 14 - March 4

Location:
Studio 3

Fees:
\$128 for members;
\$150 for nonmembers

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

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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:

Jennifer P.

Dates:

Thursdays (1:30-2:30 p.m.)
January 22 - February 5

Location:

Pilates Studio

Fees:

\$85 for members;
\$100 for nonmembers

For more information, contact **Amy Beck** at
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or email **ABeck@schosp.org**.

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

TRANSFORM your mind.
BUILD your body.
THRIVE in life.

Join us for our *FREE* meet & greet **Monday, January 12 at 6 p.m.** where you can learn about this supportive and motivating program. No RSVP required! This gathering will take place in the Community Wellness Center on the first floor of Galter Life Center.

SEE REVERSE SIDE FOR MORE INFORMATION

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#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 three 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!

Register for this class on the Courses/Events Schedule through our member portal, or call the Courtesy Desk at **773-878-9936**.

Instructors:

Jackie G. and Nicole S.

Dates:

Mondays*, Tuesdays and Thursdays (6-7 p.m.)
January 26 - March 23

**There will be no class Monday, February 16.*

Location:

Synergy360 (Mondays)
Studio 3 (Tuesdays, Thursdays)

Fees:

\$323 for members;
\$380 for nonmembers

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

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Pelvic Health for Men *at Galter Life Center*



Guys – we have a pelvic health class for men!
Whether you feel like your pelvic floor has weakened because of age, prostate issues or other reasons, this class will help strengthen and condition your pelvic floor muscles to help you feel like yourself again.

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, February 10
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 **KMcAuliffe@schosp.org**.

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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:

Saturdays (4-5 p.m.)
February 21 - March 7

Location:

Pilates Studio

Fees:

\$85 for members;
\$100 for nonmembers

For more information, contact **Amy Beck** at
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or email **ABeck@schosp.org**.

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