



Endeavor Health
Fitness & Wellness Center



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

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

Join us for our free info session **Monday, September 15 at 6 p.m.**
via Zoom where you can learn about this supportive and
motivating program!



SEE REVERSE SIDE FOR MORE INFORMATION

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



#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.



Instructors:

Jackie G. and Nicole S.

Dates:

Mondays, Tuesdays and Thursdays
September 29-November 20
6-7 p.m.

Location:

Synergy360 (Mondays)
Studio 3 (Tuesdays, Thursdays)

Fees:

\$306 for members;
\$360 for nonmembers

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

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Women on Weights at Galter Life Center



Instructor:

Elisa G.

Dates:

September 22 - November 14

Mondays at noon
-OR- Tuesdays at noon
-OR- Fridays at noon

Location:

Studio 3

Fees:

\$225 for members;
\$264 for nonmembers

Want to feel stronger, more confident and healthier? Join Elisa 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.



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



Lift with Libby *at Galter Life Center*



Build strength and confidence in the weight room! Lift with Libby is a small-group training class for both men and women, designed to help you master the fundamentals of weightlifting in a supportive and fun environment. You'll learn how to properly set up your lifts, perfect your technique, and choose the right weight, reps, and sets for your goals. Plus, you'll discover how to spot a friend for safe and effective workouts. No experience needed—just bring your energy and get lifting!

Scan the QR code to register. Register under the Courses/Events Schedule in the member portal.



Instructor:

Libby D.

Dates:

Thursdays
October 9 - November 20
10:30 a.m.-11:30 a.m.

Location:

Weight Room

Fees:

\$196 for members;
\$230 for nonmembers

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



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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 (4-5 p.m.)
October 10-24

-OR-

Sundays (3:30-4:30 p.m.)
November 2-16

Location:

Pilates Studio

Fees:

\$80 for members;
\$93 for nonmembers

For more information, contact **Amy Beck** at
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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.)

October 14 - December 9*

-OR-

Thursdays (4-5 p.m.)

October 16 - December 11*

**There will be no classes on Tuesday, November 25 nor Thursday, November 27.*

Location:

Studio 3

Fees:

\$213 for members;

\$250 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 need frequent nighttime trips to the bathroom that disrupt your sleep? You work to strengthen every other group of muscles in your body - why neglect your pelvic floor muscles?

In this class, 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. This class is for women of all ages and experience.

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

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



Instructor:
Karen M.

Date:
Tuesday, October 21
5-6 p.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**.



Endeavor Health
Fitness & Wellness Center



I LIKE TO MOVE IT, MOVE IT!
I LIKE TO MOVE IT, MOVE IT!
I LIKE TO MOVE IT!!!

MOSSA Launches at Galter Life Center

We are launching brand new routines of your favorite MOSSA Group Fitness classes **October 13-19!** Enjoy the new workouts with our Galter Life Center friends and instructor teams – we can't wait to MOVE with you! Refreshments and raffles will be provided.



Scan the QR code to log into the member portal.

Registration for classes are available 72 hours in advance through the *My Wellness* portal or 48 hours in advance through the Courtesy Desk.



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

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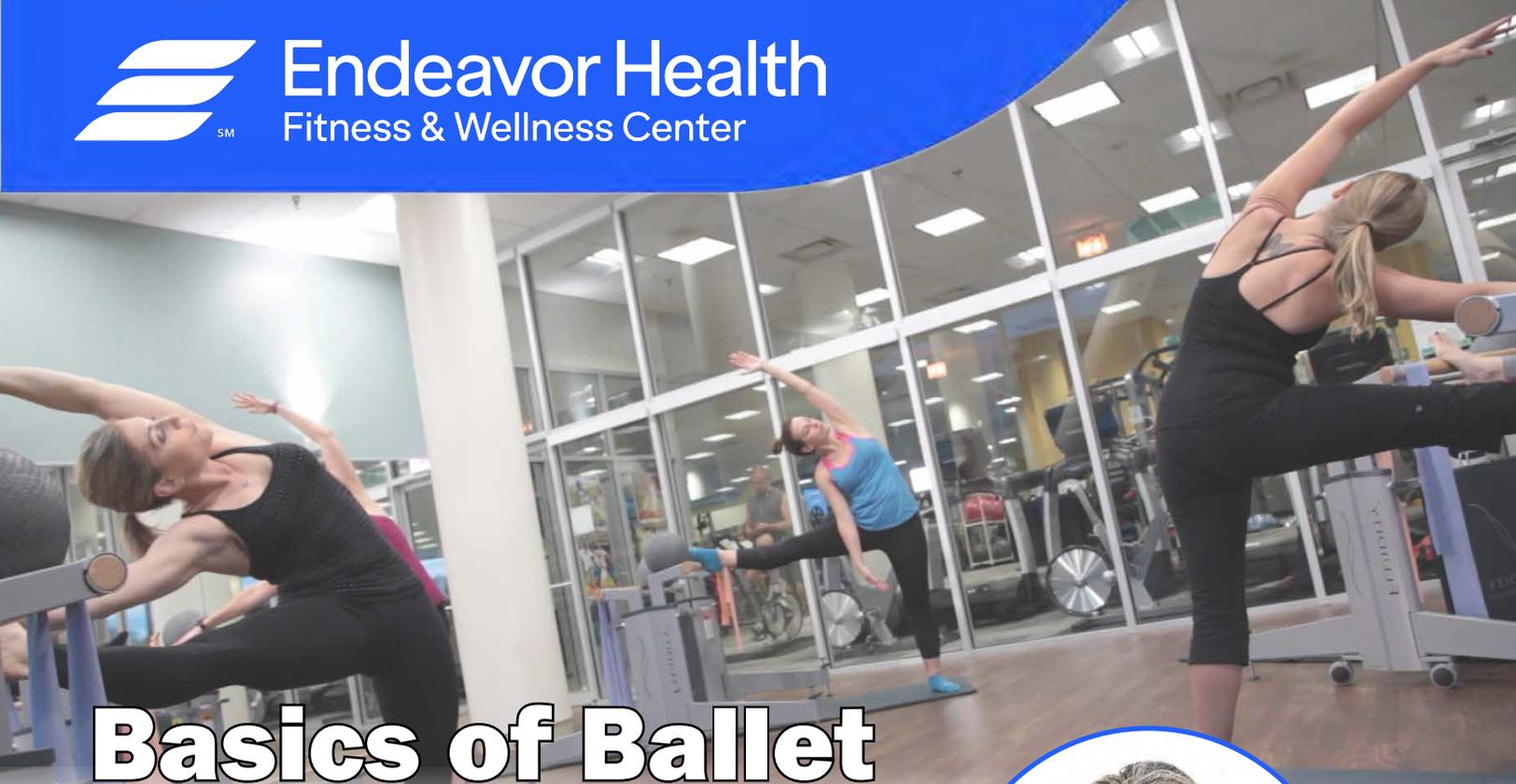
Date	Time	Class	Instructors	Location
Monday, October 13	8:35-9:05 a.m.	Hybrid Group Core	Jesse and Nikki	Studio 1
	6:05-7:05 p.m.	Hybrid Group Power	Bea, Dannah and Jandra	
Tuesday, October 14	11:30 a.m.-noon	Hybrid MOVE 30	Francie and Jesse	
	5:45-6:45 p.m.	Hybrid Group Fight	Erika, Katie and Sophia	
Wednesday, October 15	8:45-9:15 a.m.	Hybrid R30	Jesse and Leslie	
Thursday, October 16	4:30-5:30 p.m.	Hybrid Group Ride	Shannon	
	6-7 p.m.	Hybrid Group Active	Jen and Katie	
	7:05-8:05 p.m.	Hybrid Group Centergy	Jasmina, Lora and Nikki	
Friday, October 17	10:30-11 a.m.	Hybrid 3D30	Francie and Jesse	
Saturday, October 18	9:30-10:30 a.m.	Hybrid Group Groove	Erin and Francie	
Sunday, October 19	9:30-10:30 a.m.	Hybrid Group Blast	Carmen, Retha and Sophia	

Fees: Members FREE; Nonmembers \$25

A photographer will be present during these classes specifically for marketing purposes. By registering for these classes, you consent to be photographed, filmed and/or otherwise recorded to help promote our facility and its programming.

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



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.)
October 19-November 23

Location:

Studio 2

Fees:

\$128 for members;
\$150 for nonmembers

For more information, contact **Rodney Pintang**
at **773-878-9936, ext. 7318**
or email **RPintang@schosp.org**.



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



Instructor:
Karen M.

Date:
Wednesdays
November 5 - December 10
6:15-7 a.m.

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**.