

# CONNECTIONS



FITNESS FORMULA CLUBS

New 11th location in  
downtown Elmhurst!



WHERE MEMBERSHIP MEANS SOMETHING®

SINCE 1984

# GIVE THE GIFT OF FITNESS FORMULA ALL YEAR LONG!



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or visit [ffc.com/gift-cards](http://ffc.com/gift-cards).**





# FOUNDER'S MESSAGE

## Health is the New Wealth!

In 1984, when I co-founded FFC, the choice was to give the 'exercise' fad a try and join a club, or to stay on the couch. Back then, there wasn't much thought given to fitness and wellness, and most viewed exercise as a fleeting trend. Today, the importance of a healthy and active lifestyle is monumental.

People of all walks of life are willing to invest the time and resources to support one. We thank you for choosing FFC to support yours, as we know choices of all types abound in today's wellness and fitness arena.

### Our Mission

Stated simply, the FFC mission is to build, own, operate great clubs and deliver outstanding results. We strive to deliver those outstanding results to our members, our staff, and our stakeholders.

Today, more than ever, we recognize that we are in the experience business. Our team is committed to providing an elevated experience that anticipates your constantly evolving needs and interests with results-oriented programming and inspiration. While we recognize the ever-growing relevance of technology, it doesn't replace building community and real time interaction. At FFC, you'll get the best of both worlds.

***"We are organically grown and naturally inspired since 1984."***

### What's Your Mission?

If you had to write your mission, what would it be? Are you on a quest for high-performance living, looking to innovate your routine, disrupt your past, and push beyond your personal boundaries? Or maybe you are looking for a holistic, balanced approach to movement, incorporating nutrition, relaxation, stress reduction, and regeneration. Could be that you are looking for a place to connect, to commune with friends, maybe family, and a staff whose purpose is to take you to a new level and quality of life.

### FFC Elmhurst – The New Place to Be!

Each time we develop a new location, we create a new community, an epicenter – another place where you can accomplish your mission. This team of talented, friendly, inspired people are ready to challenge you to rise to a new level of life. Our programs will welcome, include and inspire you; our services like Kids' Club, the Spa, nutritional counseling, and more will provide an experience that's second to none, making FFC Elmhurst the new place to be.

Our newest location offers three unique communal spaces: a café plus walkout street-level patio, our first indoor club lounge serving year-round adult beverages; and our first outdoor turf for rooftop classes and social events. Check out the layout of our new three-story club on page 6. You'll be inspired!

Gale T. Landers  
Founder and CEO

**1994**



Gold Coast



**1997**

Old Town

**2000**



Union Station



**2002**

Boystown

**2003**



East Lakeview



**2005**

South Loop

**2007**



Oak Park



**2009**

Lincoln Park

**2011**



West Loop



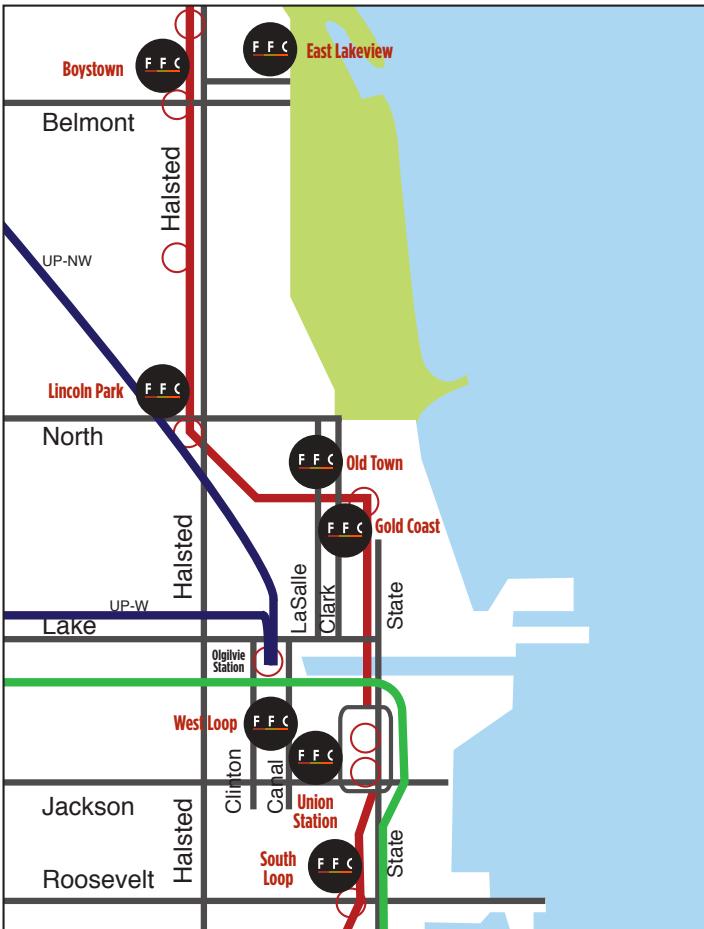
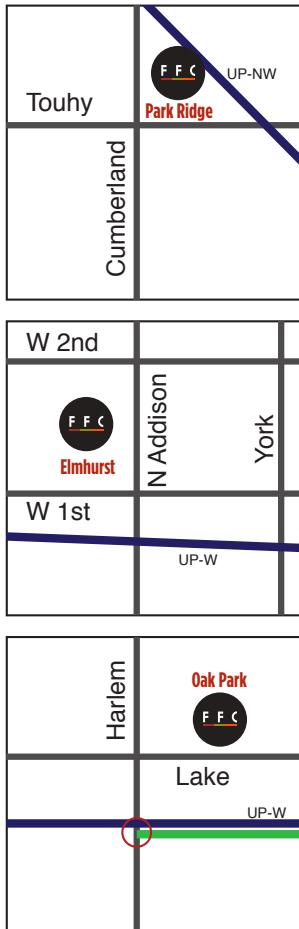
**2016**

Park Ridge

**2018**



Elmhurst



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Chicago, IL 60613  
(773) 477-3664

## Elmhurst

140 N. Addison  
Elmhurst, IL 60126  
(630) 882-0140

## **Gold Coast**

1030 N. Clark St. Ste 600  
Chicago, IL 60610  
(312) 944-1030

Lincoln Park

939 W. North Ave.  
Chicago, IL 60642  
(312) 337-1244

## Oak Park

1114 Lake St.  
Oak Park, IL 60301  
(708) 383-1114

## Old Town

1235 N. LaSalle  
Chicago, IL 60610  
(312) 640-1235

## Park Ridge

826 W. Touhy  
Park Ridge, IL 60068  
(847) 802-9826

## **South Loop**

1151 S. State St.  
Chicago, IL 60605  
(312) 360-1151

Union Station

444 W. Jackson Blvd.  
Chicago, IL 60606  
(312) 627-0444

West Loop

10 S. Clinton  
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# **THE MZ-3 PHYSICAL ACTIVITY BELT**

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**SET GOALS.**

**VIEW PROGRESS.**

**SEE YOUR EFFORT REWARDED.**

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- MOTIVATING GOALS
- FRIENDLY COMPETITION
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Visit [myzone.org](http://myzone.org) to learn more.



FFC'S NEWEST ADDITION TO THE FAMILY!



# FFC ELMHURST

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**60,000 sq. ft. of fitness,  
health and wellness!**

FLOOR 1

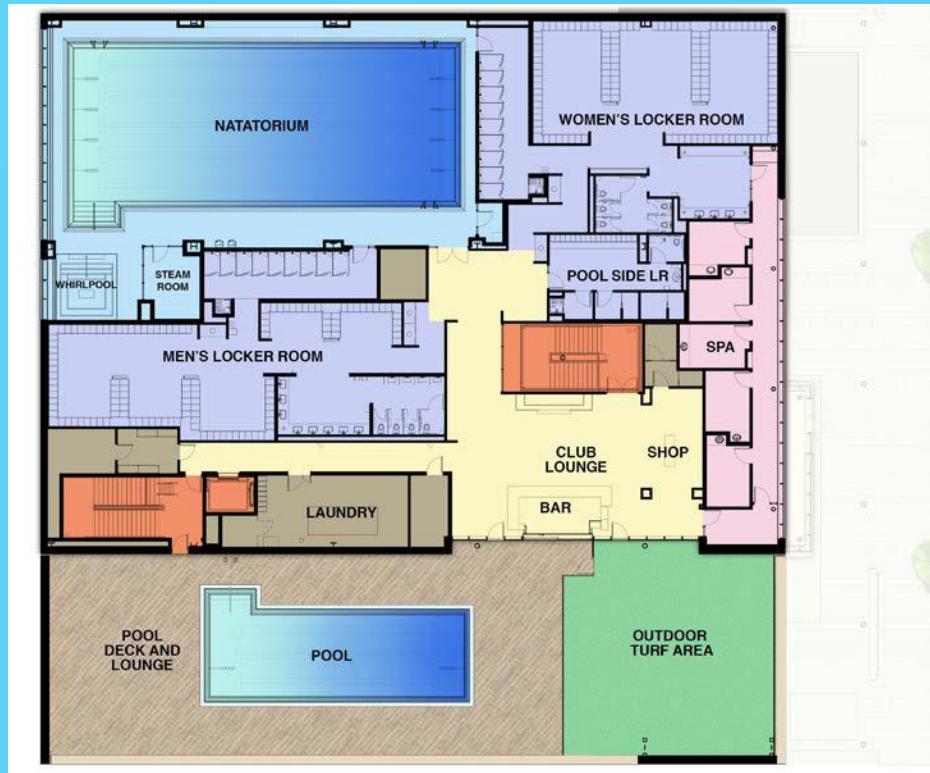




## FLOOR 2

**See more at  
[ffc.com/elmhurst](http://ffc.com/elmhurst)**

## FLOOR 3



# GROUP FITNESS



# Why Group Fitness Gets You Better Results



It's no secret – having an accountability partner is one of the best ways to guarantee that you see results with any health and fitness routine. But routines are just that – what happens when you get tired of the same circuit? Enter group fitness.

Group fitness classes are the perfect blend of accountability and variety. You'll make new friends and create a bond that will keep you returning class after class – not to mention you'll have a built-in support network for when obstacles inevitably pop up along the way. FFC's offering of over 620 classes per week across the 11 club locations ensure there is something for everyone, regardless of interest and skill level. Check out some of our favorite FFC Signature formats below!

*Lois Miller  
FFC Regional Director of Group Fitness*

## #312

30-minute format - three minutes nonstop cardio drills immediately followed by a one-minute core recovery exercise immediately followed by two minutes of a weighted exercises meant to keep the body moving. Six different groups of drills with no break create this intense format.

## AfterBurn

15 and 30-minute classes positioned after a high intensity class. Active Isolated Stretching and PNF techniques are used to increase blood flow and movement efficiency.

## Chisel

Reshape your body with this nonstop, fast-paced workout that focuses on compound exercises performed with lighter weights and higher repetitions.

## FITKICK

A cardiovascular class using techniques from boxing and kickboxing. This is a great class for students who want to train like a professional boxer without the body contact.

## Formula 94

Sculpt, tone and burn serious calories during this barefoot muscular/cardiovascular endurance workout. Using only a mat and light weights in a studio heated to 94 degrees with 40% humidity, you can expect nonstop movement and a great detoxifying sweat.

## Loaded:

This pyramid style total body format works in 30 second intervals adding in a new exercise every round, increasing your work time as you go. Once all 7 exercises are completed in succession you begin to eliminate one every round decreasing your workload.

## Motiv8

This high intensity training workout is designed to increase aerobic and anaerobic capacity, enhance power production and develop overall strength. Short 20-second intervals at your "max" are followed by a 10-second rest, which is repeated for eight total rounds. Six exercises per class are completed for an overall total body fat-burning workout.

## Spinning Interval

This program is designed to enhance your performance and competition level. Interval training is used to abruptly increase and decrease your heart rate through the manipulation of the intensity of the activity level during class.

## The EDGE

Take your workouts to the next level in The EDGE, featuring Myzone. This heart rate-driven format will guide you through specific zones with combined levels of effort to achieve optimal results. Two minutes in the yellow/red zones (80 - 90%+ of effort) will push you to increased athletic performance through anaerobic activity. Then, transition into the blue/green zones (50 - 70% of effort) for a less intense workload to reap the benefits of aerobic activity too.

## WERQ

Cardio dance fitness has never been this fierce! WERQ uses all your favorite current pop, rock and hip hop radio hits, so the dance steps come easy. Choreography is inspired by official music videos and song lyrics. Expect to torch some major calories in this class. Are you ready to WERQ?

## Zumba

Zumba fuses hypnotic Latin/international rhythms and movements. These easy-to-follow moves feature interval training sessions with fast and slow rhythms. In some classes, resistance training is integrated to tone and sculpt your body while burning fat. No prior experience necessary.



# **Healthier employees. Happier workplace.**

WellFIT is a program designed by Fitness Formula Clubs to help your organization and employees become healthier and more productive. Over 450 Chicagoland companies have already invested in their employees' fitness and wellness, and are rewarded with all the benefits of a happier, healthier workforce.



*Are you ready to join them?  
For more information, visit [ffc.com/corporate-wellness](http://ffc.com/corporate-wellness).*

# Giving Back Philanthropy at FFC

As a company, our goal to foster a supportive and inclusive environment does not end with our members and employees. Fitness Formula Clubs consistently partners with and advocates for many affiliations and charity organizations that improve hundreds of thousands of lives locally and globally. From sponsored events to parties and much more, FFC is a proud supporter in an effort to give back to those that make up our community.

## Bright Pink

FFC is proud to support Bright Pink, a national non-profit organization dedicated to the prevention & early detection of breast & ovarian cancer in young women. Through fundraising initiatives and events like FitFest, the Bright Pink Studio Challenge and the Team Bright Pink marathon training program, FFC has helped Bright Pink empower a generation of women to be their own best health advocates. Bright Pink sees a world in which fewer people die from breast and ovarian cancer. FFC thanks our members for attending donation workout classes and running endless miles to support Bright Pink's mission.

## Team to End AIDS (T2)

Team to End AIDS (T2) Chicago is the endurance training charity program benefiting the AIDS Foundation of Chicago (AFC). For over 10 years, T2 has trained more than 5,000 athletes and raised in excess of \$10 million benefiting AFC and HIV/AIDS-related community charities. Whether this is your first race or your 50th, T2 partners with Fitness Formula Clubs' certified coaches to offer training programs for multiple endurance events for participants of all abilities.

T2 is about the journey as much as the destination. Coaches, staff and athletes will help you train, fundraise and celebrate life, making your T2 experience unforgettable.

## Augie's Quest

We are proud to support Augie's Quest through a number of different events, an organization whose mission is to cure ALS by funding cutting edge ALS research at the ALS Therapy Development Institute in Cambridge, Massachusetts.

## Other Charitable Causes

Over the past few years FFC has had the opportunity to participate in additional charitable events in order to give back to a number of worthy causes. Some of these include high-energy Spin to Break the Cycle, which raises funds to support World Sport Chicago's initiatives to leverage the transformative power of sport to collectively make lasting change in local communities, and One Day 100 Bikes, which supports World Bicycle Relief's mission of mobilizing people through the power of bicycles in developing countries to provide access to education, healthcare and economic opportunity.



# **TODAY, EXERCISE IS MEDICINE. WE HAVE THE PARTNERSHIPS YOU NEED TO BE WELL.**

**FFC IS PROUD TO BE AFFILIATED WITH THE BEST AND  
BRIGHTEST HEALTH SERVICE PROVIDERS IN THE CITY.**

- Northwestern Memorial Hospital's Cardiac Rehabilitation
- Rush Center for Weight Loss and Bariatric Surgery
- The University of Chicago
- WellcomeMD Concierge Medical Practice
- NovaCare Physical Therapy



FFC has developed disease prevention programming in a clinical setting to work with patients dealing with obesity and the many conditions associated, including diabetes and heart and kidney disease.

We are uniquely positioned to deliver lifestyle modifications via our fitness and educational programs, covering everything from complimentary consultations to medical nutrition therapy, covered by most insurance.

**To learn more, visit [ffc.com/medical-partnerships](http://ffc.com/medical-partnerships).**

# FFC Now Offers Medical Nutrition Therapy!

- **Blue Cross Blue Shield**
- **UnitedHealthcare**
- **Cigna**



Medical nutrition therapy (MNT) is a therapeutic approach to treating medical conditions and their associated symptoms via the use of a specifically tailored diet devised and monitored by a physician or registered dietitian.

Whether you are seeking assistance with the treatment and prevention of disease or just interested in managing your weight, we have great news! FFC is credentialed by several major insurance carriers and is now offering Medical Nutrition Therapy with comprehensive fitness and nutrition programming conducted by our full-time registered dietitians. Additionally, your insurance provider may pay for these services with little or no cost to you.

FFC registered dietitians conduct complimentary screenings to determine who qualifies for medical reimbursement. MNT is available to both members and nonmembers. For more information about the program, visit your club's registered dietitian, or visit [ffc.com/nutrition](http://ffc.com/nutrition) to get started today!

# Do you know the difference between a registered dietitian (RD) and a nutritionist?

A nutritionist is typically someone who completes an undergraduate or graduate degree in nutrition. Be aware that there are individuals who market themselves as “nutritionists” with very little or no training whatsoever in nutrition.

A registered dietitian or RD is a nutritionist accredited by the Academy of Nutrition and Dietetics. A registered dietitian has completed an undergraduate program in nutrition and also a one-year clinical internship program.

An RD must pass a national exam administered by the American Dietetic Association. Registered dietitians must also maintain their registered status through continuing education.

Fitness Formula Clubs has dedicated registered dietitians available to work with members at each of our locations. Here are a few quick tips they have put together for you:

## TIPS

**Consistency is key: aim to have similarly-sized meals at regular intervals (similar times on a day-to-day basis) as much as possible.**

**Work on reducing any sugar and highly-refined carbohydrate intake in favor of healthy fats and lean proteins to promote sustainable muscle growth and weight loss.**

**Limit fruits to 2 servings/day, consume 1-2 vegetables at every meal, eat protein with every meal.**

**Include PROTEIN and a PLANT (fiber) for breakfast to have lasting energy through the morning.**

Examples: vegetable egg scramble with avocado, oats with fruit and hemp seeds

**Never work out on an empty stomach! Give your body the fuel it needs to power your workout.**

**Carbohydrates are the body's primary quick fuel source and protein ensures a supply of amino acids for muscle repair directly after your workout.  
Examples: whole grain toast with nut butter, fruit with string cheese**

**Make sure you drink half your body weight in ounces of water every day. Don't drink your calories or your sweeteners!!**

# 5 WAYS TO EAT SMART WHILE DINING OUT



Eating at your favorite restaurant should not be stressful; it should be enjoyable! Here are 5 ways to save calories when eating out the next time you find yourself in need of a meal outside of your home kitchen.

## **Look at the menu ahead of time.**

When going to a new restaurant, planning ahead will help you avoid the temptation of ordering meals hungry, which can lead to indulging in foods higher in calories and fat.

## **Understand the menu terms.**

Foods served fried, au gratin, crispy, scalloped, pan-fried, sautéed, buttered, creamed, or stuffed are high in fat and calories. Instead, look for steamed, broiled, baked, grilled, poached, or roasted foods. Also, remember that au jus, pickled, smoked, or cured can imply that these foods are high in sodium.

## **Be selective.**

At salad bars, choose fresh greens, raw vegetables, fresh fruits, beans, etc. Avoid marinated salads, pasta salads, and fruit salads with whipped cream. Ask for butter, cream cheese, salad dressings, sauces, and gravies to be served on the side so you can control the quantity you consume.

## **Ask questions.**

Don't hesitate to ask your server about how your food is prepared and what oils they're cooked with. The most desirable oils are monounsaturated oils (olive oil, canola oil, peanut oil) and polyunsaturated oils (soybean oil, corn oil, safflower oil, and sunflower oil). When it comes to sides, ask for substitutions - such as baked potatoes or veggies instead of fries.

## **Choose wisely.**

Eating out should not compromise your health. If you want a dessert, then avoid ordering before-the-meal extras such as sugary cocktails, appetizers, or bread and butter. Go for entrees that feature seafood, chicken or other lean meats and avoid fatty meats. Remove all visible fat and ask for skinless chicken. Desserts including fresh fruit, fruit ice, sherbet, gelatin, and angel food cake are good alternatives to heavier options.

# HOW REGULAR MASSAGE CAN CHANGE YOUR WORLD

By Kristy Acosta

## THE SPA AT FFC

Regular massage, in my eyes, is necessary. Would you continue to drive your vehicle without ever getting an oil change? No, because you'd blow your engine. Well, we live in our bodies, we drive them hard every day - we put miles on ourselves. Ignoring our internal "oil light" will only lead to more serious consequences down the road.

I hear this scenario quite often: "I just bent down to pick up a piece of paper, and bam, my back gave out." Well folks, most likely it wasn't that piece of paper that did it - that fallen piece of paper was just the feather that broke the camel's back.

More likely, somewhere in the past, your oil light went on - especially if you visit the gym regularly - you pushed through the pain and the light stopped coming on. However, this didn't mean the problem went away. Our brains are wired so that the new pain signal eventually became dormant because it was ignored.

Your brain moved on to telling you about the other areas in your body that needed a tune up (which is a good thing, in a sense, because I know I would not enjoy being able to feel every pain signal or warning all at once and all the time!) That unattended muscle was probably close to being one move away from strain. This is when people usually decide to book that deep tissue massage - though by that point it may already be past due.

During these treatments, my goal is to instill the importance of working regular massage into the client's overall health care routine. Let's get you back to enjoying the freedom of movement - LESS pain, more gain, I say!

After all, the textbook definition of muscle gain is that it happens when your body heals and rebuilds its tissue... massage is a great way to restore those muscles and keep you moving.



**The road to achieving your personal and fitness goals can be arduous, exciting and rewarding all at the same time. The Spa at FFC is here to help you on your journey.**

## MASSAGE THERAPY

A healthy lifestyle requires consistency and commitment. Including massage as part of your wellness routine will improve your results, speed your recovery, enhance your performance and increase your vitality. Our team of qualified professionals will address problem areas and chronic pain, and create a treatment plan exclusively for you.

## SKIN CARE

Aging, sweat, sun and wind exposure and hormonal imbalances are just a few of the many factors that your body combats through your skin each day. Improve your skin's health and appearance by creating a regular routine for your face and body. Our licensed and expert estheticians will work with you to assess your skin's needs and advise you on proper care.

**Nail care, & waxing available at certain locations. Learn more at [ffc.com/spa](http://ffc.com/spa)**



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TODAY!**



**ORTANIC.COM**

# MIND/BODY DEDICATED STUDIOS

FFC's dedicated mind-body studios allow all the resources you need for a stress-releasing, mind-purifying experience with some of the most talented instructors in the Chicagoland area.

- 
- Hot Yoga (104 degrees)
  - Heated Yoga (94 degrees)
  - 84 degrees:
    - Vinyasa Yoga
    - Hatha Yoga
    - Power/Ashtanga Yoga

## PILATES FOR ATHLETES

### 4 Benefits of Pilates for Runners & Athletes

With any sport, practice is important. However, you should also be making some time in your schedule to cross-train.

Pilates is a great workout on its own, but it also offers multiple benefits for runners and other types of athletes. Here are the 4 most common benefits you'll reap if you practice Pilates.

#### EFFICIENT BREATHING

Mindful breath brings a natural rhythm to your movement, which increases the efficiency of your run. It's important to practice your deep breathing techniques when you are not running.

#### BETTER POSTURE

Pilates builds up the back muscles evenly and helps elongate and align the spine for better stability. This translates to proper and more efficient form.

#### IMPROVED FLEXIBILITY

We should all stretch before and after we work out, but sometimes we don't. Pilates provides progressive stretching that can help to reduce soreness and prevent injuries.

#### MORE CORE

We endure constant impact while working out. Pilates works your deep core muscles, allowing your legs and lower back to better deal with impact from running and other activities.

# THE BENEFITS OF YOGA FOR GUYS

By Paras Patel

Many of us guys have been there. Peeking through glass doors, observing the mysticism that is a yoga class as we finish our last set of curls. Give it a try? Not a chance. A class full of side-bending, head-standing, lotus-posing girls is no place for me. How are we supposed to chest pump in there?

This perception of yoga as being a “female” modality of fitness focused on flexibility and even spirituality has kept even the most open male gymgoers, including myself, from trying a class. I’m here to tell you why guys should practice yoga.

I started to get tired of doing the same weight lifting routine day in and day out and needed something new to keep me interested and challenged. So, I decided I was going to dedicate myself to a weekly yoga practice. Here are a few of the main things I’ve learned.

## **Yoga is not just for flexibility.**

One of my goals for starting yoga was to become more flexible and mobile in my joints. I knew this would help prevent injury and since I already felt strong, flexibility was a good goal. Sounds great, but fast forward to 10 minutes into my first class: I’ve been holding downward facing dog for about 15 seconds and my shoulders are on fire.

Later, we do an inversion called crow where you balance only on your hands, and it takes me about a second before I fall on my face. Talk about a wake-up call. Yoga is incredibly effective in building strength and muscle.

Within a month, I gained an unexpected amount of strength in my shoulders and after 6 months, I noticed my upper body was looking better than ever because my shoulders were bigger and my posture was better. That brings me to my second point.

## **Yoga helps build a better physique.**

Typical weight lifting forces us into the same limited range of mobility patterns. This can be effective in building muscle, but many people become unbalanced in terms of where they build that muscle. That’s where yoga for guys comes in.

Bodybuilders know that looking good is not only about size but also symmetry. Posture is probably the most important factor in building an impressive presence, not to mention it is one of the most neglected aspects of health in our society today. By learning how to roll the shoulders back and down, I promise you will look better and become stronger in your lifts.

## **Yoga creates new challenges.**

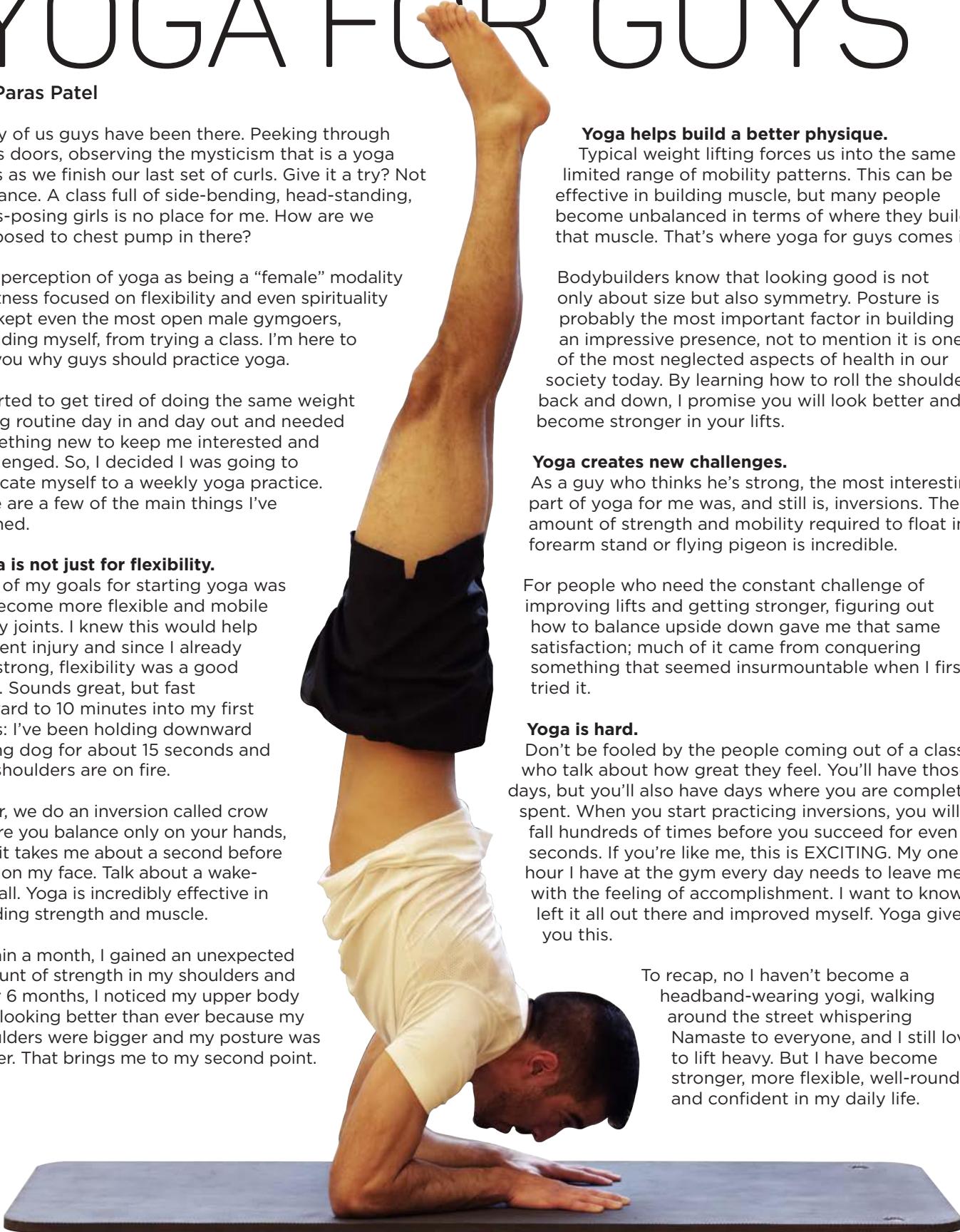
As a guy who thinks he’s strong, the most interesting part of yoga for me was, and still is, inversions. The amount of strength and mobility required to float into forearm stand or flying pigeon is incredible.

For people who need the constant challenge of improving lifts and getting stronger, figuring out how to balance upside down gave me that same satisfaction; much of it came from conquering something that seemed insurmountable when I first tried it.

## **Yoga is hard.**

Don’t be fooled by the people coming out of a class who talk about how great they feel. You’ll have those days, but you’ll also have days where you are completely spent. When you start practicing inversions, you will fall hundreds of times before you succeed for even 5 seconds. If you’re like me, this is EXCITING. My one hour I have at the gym every day needs to leave me with the feeling of accomplishment. I want to know I left it all out there and improved myself. Yoga gives you this.

To recap, no I haven’t become a headband-wearing yogi, walking around the street whispering Namaste to everyone, and I still love to lift heavy. But I have become stronger, more flexible, well-rounded, and confident in my daily life.





# MUSCLE ACTIVATION TECHNIQUES™

Ever heard of MAT? It stands for Muscle Activation Techniques and it's a game-changer when it comes to recovery and performance.

Whether you're a fitness enthusiast, rehabilitation patient or athlete, you will benefit from this process, which identifies and corrects muscular imbalances within the body.

MAT essentially recognizes that the tightness of certain muscles results as a form of protection in the body in order to help stabilize weak or inhibited muscles and joints. MAT techniques help address these weak points and in turn helps to improve joint stability, increase range of motion, restore alignment, increasing performance and recovery and enhance overall function and performance for individuals of all ages and present abilities.

FFC currently has two certified MAT specialists. If you are:

- Tired of nagging injuries
- Hesitant to exercise as hard as you want
- Confused about how to stop joint pain
- Worried about chronic aches, stiff muscles and inflexibility

MAT™ may be exactly what you need.

**Contact Skip Chapman [schapman@ffc.com](mailto:schapman@ffc.com) at our Gold Coast location or Bill Busch [wbusch@ffc.com](mailto:wbusch@ffc.com) at our Lincoln Park and Oak Park locations.**

**Visit [ffc.com/muscle-activation-techniques](http://ffc.com/muscle-activation-techniques) for more details.**

# PERSONAL TRAINING

"Cindy Enkhtugs is so knowledgeable and her positivity and encouragement is wonderful. I have gotten much stronger and really enjoy the boxing parts of the workout. I had an injury years ago to my foot and never regained the ability to jump. Yesterday we did something that really demonstrated it. She modified it

so I could complete the sets, didn't make me feel embarrassed at all and assured me it was able to be regained. It was just a very positive experience for someone like me who feels clumsy and very self-conscious. Just wanted to let you know how valuable I think she is."

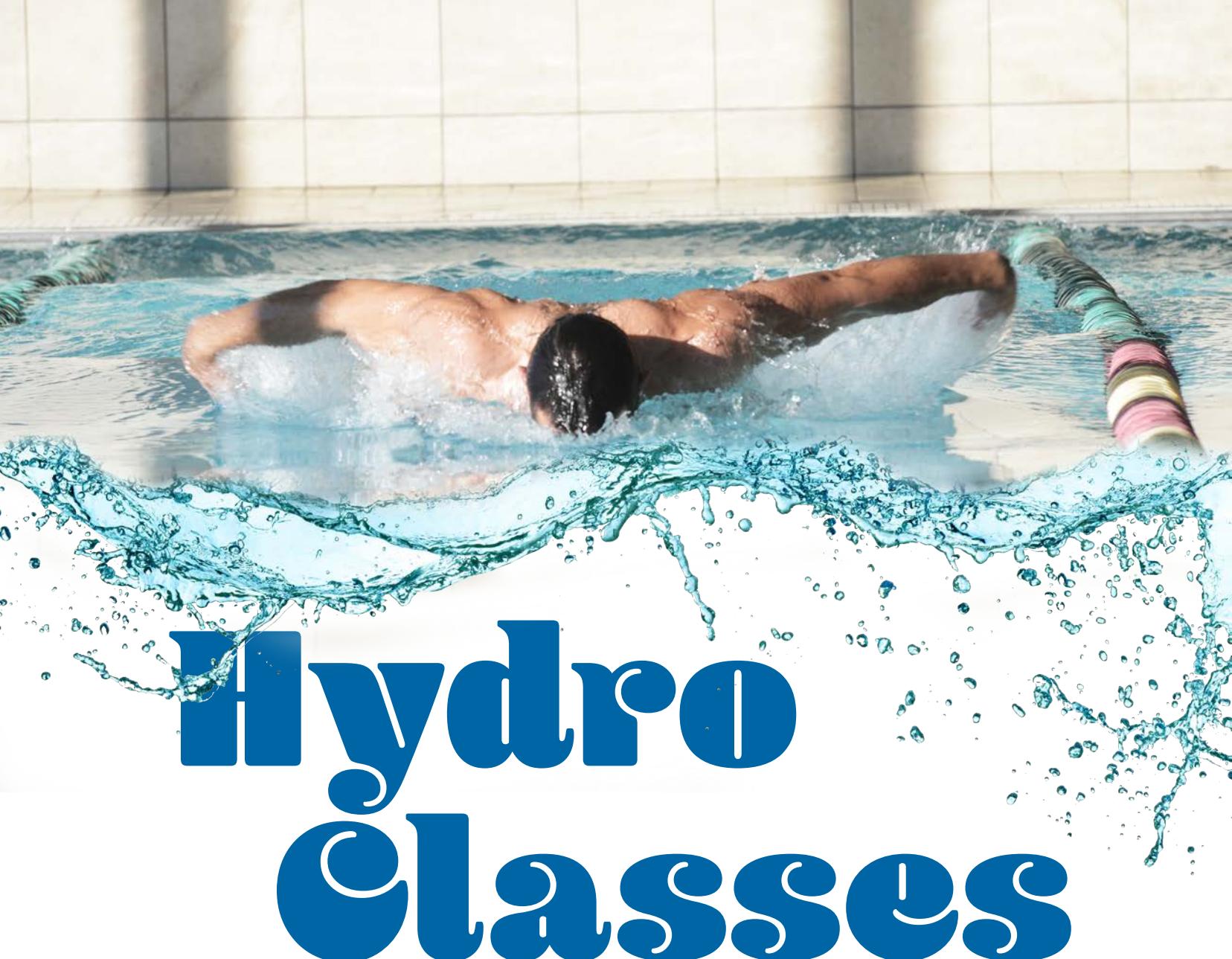
- Cindy Smith, FFC South Loop



"I would like to give a shout out to all the FFC staff for always creating an exceptional experience. Everyone is super friendly and eager to help out. Secondly, Tyler Tureck is an absolute ROCKSTAR trainer. I'm always blown

away by how much knowledge he shares. Lastly, I'm amazed by how clean and maintained FFC East Lakeview is. Thank you for changing my life, Tyler and FFC."

-Nicholas Haubrich, FFC East Lakeview



# hydro classes

## Aqua Zumba

This class integrates the Zumba formula and philosophy with traditional aqua fitness disciplines into a safe, challenging, water-based workout.

## Aqua Pilates

This class blends the qualities of dry land Pilates and Peyow Aqua Pilates with exercises that are designed to use the water's natural resistance to increase the body's full range of motion and develop flexibility and strength.

## Hydro-Fit

This moderately intense cross-training class utilizes the resistance of water to give you a great overall workout.

## Turbo Hydro

This 45-minute workout will get your heart rate up and burn calories with intervals of anaerobic activity. Resistance work will be integrated using the water, noodles and water dumbbells.

## Master Swim Instruction

This interval-based group workout is ideally structured for the competitive swimmer and/or triathlete and includes limited stroke instruction, but focuses on technique and stamina improvement. This format requires the ability to swim laps.

## Swim Lessons for Adults & Children

These 1-on-1 coaching sessions offer completely customized instruction based on your goals and skill level. Children's group swim lessons cover every level from 6 months old to beginner, intermediate and advanced classes for older children based on the Red Cross learn-to-swim program.

# SWIMMING TIPS

Regardless of your reason for swimming, here are 4 easy-to-follow tips from FFC's swim coaches that will improve your swim technique.

## Visit our clubs with pools:

East Lakeview  
Elmhurst  
Gold Coast  
Lincoln Park  
Oak Park  
Park Ridge  
West Loop  
Union Station

## #1 ANYONE CAN LEARN HOW TO SWIM.

No matter what your goal or skill level, find a coach who is willing to get in the water with you and go at your pace to make sure you're comfortable.

## #2 IF YOU'RE TRAINING ON YOUR OWN, ARRIVE AT THE POOL WITH A WORKOUT.

An ideal workout will include all types of strokes, drills, implementation of training equipment and intervals.

## #3 GET WINDED EASILY? RELAX YOUR LIMBS AND SLOW YOUR KICK DOWN.

Your largest muscles are located in your legs, so the harder you kick, the more oxygen your body needs to deliver to them to continue to function. You should use a kick slow enough to keep your legs just at surface.

## #4 HYDRATE, HYDRATE, HYDRATE.

You are most definitely sweating when you swim. Water is okay, but try infusing it with lemon, chia seeds, pink Himalayan sea salt and honey for a tasty, natural electrolyte drink!



# COMMUNITY/SOCIAL EVENTS

At Fitness Formula Clubs, membership means something. It's not just about exercising - FFC is your home away from home. The identity of each club is woven from the fabric of the neighborhood community – and we have a lot to celebrate! From membership appreciation

parties to seasonal shindigs and everything in between, no event goes uncelebrated. Thank you to each and every member for making our communities what they are.



Members of FFC West Loop couldn't wait to get up and glow in this glow-in-the dark Zumba class.



FFC employees enjoy some quality time at a White Sox game.



Members of the Park Ridge community follow along during a class led by an FFC instructor at Taste of Park Ridge.



FFC employees proudly display their pride during the annual Chicago Pride Parade.

# TRIMONSTER

TriMonster makes endurance training anything but scary. The FFC TriMonster training programs provide a variety of small group-focused endurance offerings in a friendly, structured environment. Whether your goal is to simply finish your first endurance event or achieve a new personal best, we can help!

**SWIM:** participate in indoor and outdoor training led by USA Swimming and USA Triathlon-certified coaches.

**BIKE:** improve your cycling fitness, endurance and explosive power while you train year round, whether outside or in our dedicated Endurance Training Center.

**RUN:** train for half and full marathons, triathlons and many other types of events under the guidance of our USA Track & Field and USA Triathlon-certified coaches.

## FFC TriMonster® Indoor Triathlon Training Program

Make it a goal to swim, bike, run, and have more fun with your training routine! Join TriMonster®, Fitness Formula Club's beginner-friendly and 100% intimidation-free triathlon training club and learn to improve your swim, bike, and run as you train toward FFC's Annual Indoor Triathlon Series.

Whether you are a first-timer learning to swim and complete your first race or a veteran who wants to meet and train alongside like-minded endurance athletes and build up for an early-season Sprint, Olympic, or even and iron-distance, this program is perfect for all experience levels.

Two months of TriMonster "Endurance Membership" includes access to over 40 weekly swim, bike, run, and performance-oriented strength classes including two weekly workouts focused specifically on indoor triathlon training. You'll also enjoy support from USAT-certified coaches, team gear, sponsor discounts, and more!

Contact [endurance@ffc.com](mailto:endurance@ffc.com) for more information or visit [ffc.com/trytri](http://ffc.com/trytri) for a complimentary session.

## VO2MAX Testing

- Conducted by our USA Triathlon (USAT) Level 2 certified head endurance coach, Chris Navin, or an FFC Metabolic Specialist, our comprehensive VO2 Max Active Metabolism test will provide data previously only available at universities that will result in more effective training on an individual level.
- Testing available on a treadmill or stationary bike.
- Tests typically only involve 5-10 minutes of walking & running.
- Comprehensive report includes data on heart rate zones, calories burned, and oxygen consumption.
- Technology platform and mobile apps allow for interactive metabolic profile monitoring.
- Data will help you measure progress, set goals, stick to training routines and ultimately get results.
- Not just for endurance athletes, VO2 Max testing is also ideal for fitness enthusiasts at all levels to evaluate progress and accelerate weight loss and body composition goals.





# PERFORMANCE TRAINING CENTER

[ffc.com/performance-training-center](http://ffc.com/performance-training-center)

Available at:  
**Elmhurst**  
**Gold Coast**  
**Lincoln Park**  
**Old Town**  
**Park Ridge**

**\$99/mo.**  
**unlimited attendance**

At FFC, performance training refers to a type of workout that employs high intensity, heart monitor-based routines in a small group setting. By utilizing a MYZONE heart rate monitor, our coaches are able to advise each participant when to rest and when to initiate a bout of work. Classes result in lean muscle gain, body fat loss, and better cardiovascular stamina.

Performance training classes allow for many participants of varying levels of fitness to receive the benefits of heart rate-based training because the work/rest intervals are targeted specifically to that individual based on their own body's response.

High intensity interval training (HIIT) and metabolic conditioning provide the benefits of working out in the aerobic zone, plus others, in a fraction of the time. HIIT also provides the benefits of EPOC (excess post-exercise oxygen consumption) that result in a large calorie expenditure, an elevated metabolic rate they wouldn't get otherwise, as well as the building of lean muscle tissue - all in 15 - 20 minutes of work!

#### What's a PTC class like?

In our Performance Training Center classes, the exercises you perform will drive your body into this very specific and beneficial state because each workout is tailored to the individual based on their level of fitness and performance. Classes begin with a dynamic warm-up to improve mobility, followed by explosive athletic drills, plyometrics, Olympic lifts, suspension exercises, cardio challenges and more.

At the end of the 45-minute class, participants will receive feedback through their MYZONE heart rate monitor telling them exactly how many calories were burned based on their age, weight, and intensity of work. This data can be used to set fitness goals, tweak workouts and more. Work smarter, not harder!

## Try a Mini Workout On Your Own!

**Perform the following exercises every minute on the minute for 12 minutes. You should be able to get each exercise done 4 times. Good luck!!**

#### 10 Goblet Squats

**24K for men, 16K for women - adjust to your preference**

#### 10 Push-ups

#### 10 Med Ball Slams

**20 lbs for men, 14 lbs for women - adjust to your preference**

# KIDS' CLUB

Family hours on weekends.  
Check with your club for details.

Available at:  
East Lakeview  
Elmhurst  
Lincoln Park  
Oak Park  
Park Ridge  
South Loop  
West Loop

**"Great facility. I love the Kids' Club and appreciate how they know my kids by name and always seem happy to see them. It's always clean and everyone there is friendly."**

**"The Kids' Club is excellent. My kids love it there and I completely trust the employees. We now take advantage of the Parents' Night Out (PNO) program, which is fantastic - an adult dinner and happy kids!"**

**"My kids and I love the Kids Club. The staff is so great with both of my kids and I trust them. I don't worry when they are there. The programming options - everything from Parents' Night Out to their birthday party options - are awesome."**

# local'84

At FFC's local'84 Cafes, we are committed to providing you with fresh and nutritious food using only quality ingredients in our recipes. We make eating healthy convenient by having wholesome foods ready to grab and go. Local'84 Cafes feature health-focused smoothies, coffee, wraps, sandwiches, pressed juices and more. Our

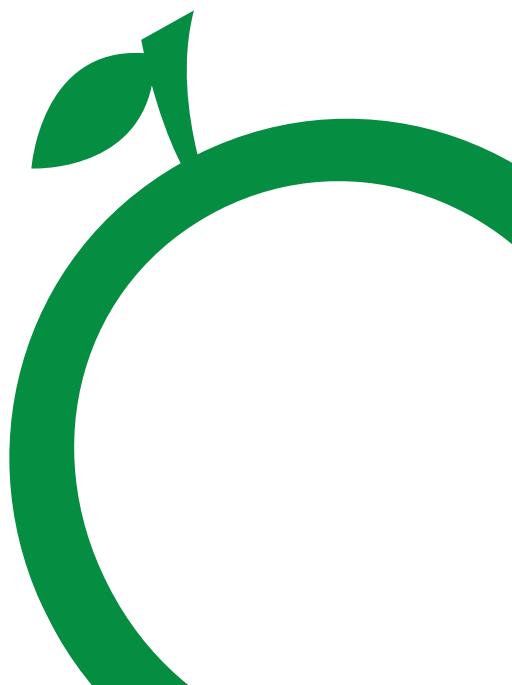
local'84 Smoothie Bar serves amazing flavors, perfect for a pre or post-workout pick-me-up. All of local'84's ingredients are fresh and locally-sourced when possible. Products are good for your body and fit for a healthy lifestyle.

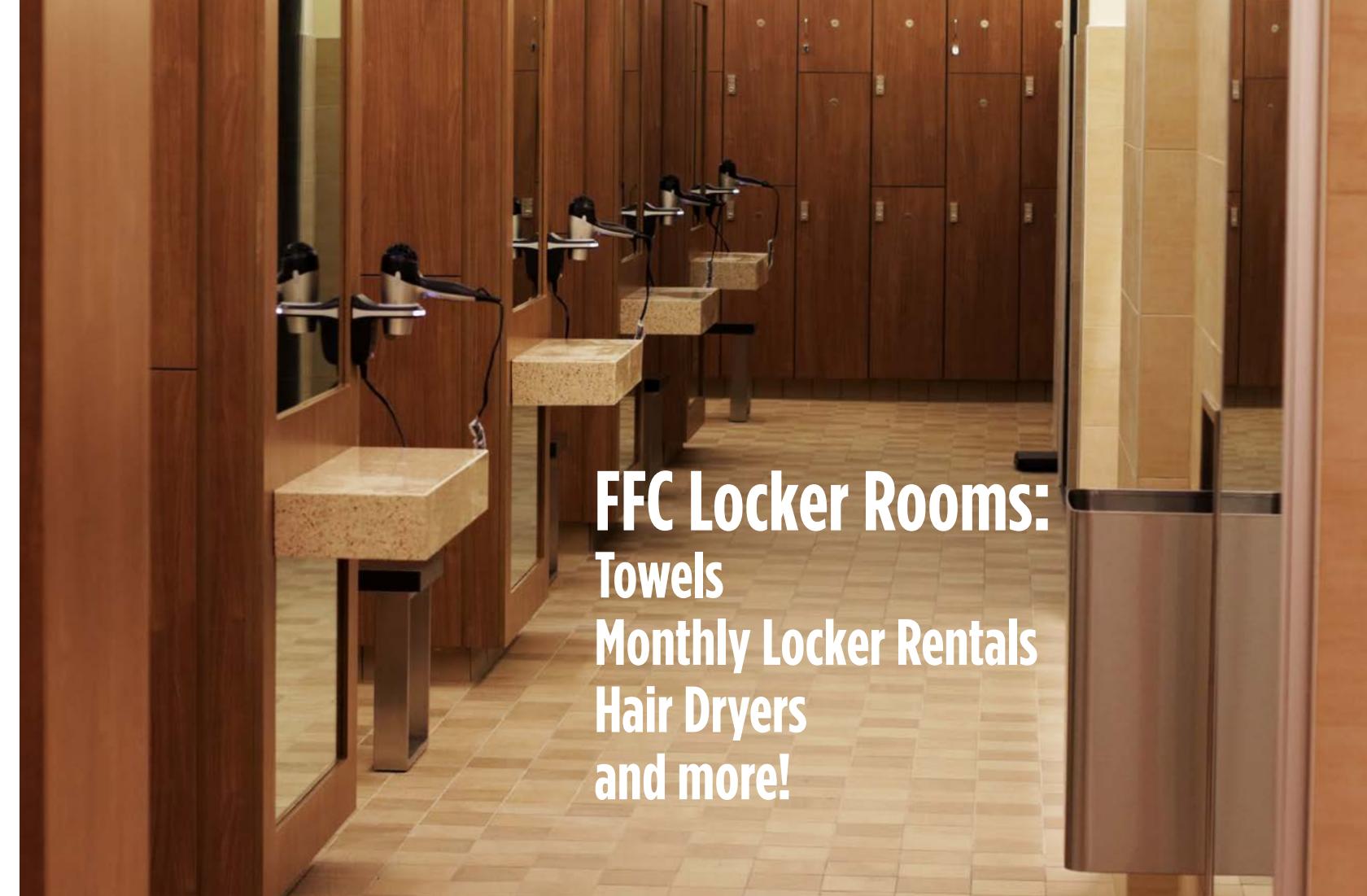


## MENU\*

**Smoothies**  
**Sandwiches & Wraps**  
**Salads**  
**Soups**  
**Breakfast Wraps, Scrambles & Oatmeal**  
**Kids Menu**  
**Coffee**

\*Item offerings may vary by local'84 Cafe location.





# FFC Locker Rooms: Towels Monthly Locker Rentals Hair Dryers and more!

**New & Improved!**  
**FFC features Provancè + Maxine products in our clubs.**

They are dye free, phosphate-free, paraben-free, sulfate-free, have no artificial colors and undergo no animal testing. In addition to being healthier and conscientious, the hair & body wash and conditioner feature our signature scent: a blend of lemongrass, lavender and bergamot. The products are regionally produced in Michigan and exclusively blended and private-labeled for FFC.



# FFC MEMBER STORY: MICHAEL W.

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"For more than 10 years, the idea of trekking in Europe had been on my mind – it only needed a focus to actually come to life. I soon found it: a 100-mile trek around the largest massif in Europe called the Tour du Mont Blanc. I have been an avid backpacker most of my life, hiking in the Rockies, the Southwest and especially in the Great Smoky Mountains. Though fitting hiking into my schedule was difficult, I committed myself to always being ready and fit for trekking. Wherever my work took me, I joined a gym. And if I wasn't in a gym, I was pacing the streets – often walking 4 or 5 miles before sunrise."

It was shortly after I retired that I connected with REI Adventure Tours and decided that I would trek the Tour du Mont Blanc – it became number one on my bucket list. I must admit, it was the Cadillac version of trekking. I only carried a day pack, slept in a bed and had a hot meal and shower every night. Still, the Tour du Mont Blanc was challenging.

Over the course of 13 days, we crossed the border from France into Italy, into Switzerland, and back into France, trekking from Chamonix to Courmayeur in Italy, to iconic ski villages, to the tiny Swiss mountain village of La Fouly, and many places between. Toward the end of our trip, we found ourselves serendipitously caught up in the local



celebration of Swiss National Day, amongst a marching band, a parade of flag-waving children and fireworks. Needless to say, I came home with much more than a t-shirt, bragging I'd trekked Mont Blanc – I returned with memories that will never be erased.

I joined FFC more than two years ago and am forever grateful for their warm welcome into the club. And once I'd committed, last January, to the Tour du Mont Blanc, I was even more serious about being fit for the trek. Through the winter I focused especially on a well-rounded fitness program that included cardio, strength, flexibility and balance. My next big adventure will be to trek southeastern Idaho, near Yellowstone. Until then, I'll be in the club keeping my tone and my mountain legs in shape!"

# FFC EMPLOYEE STORY: REBEKAH F.

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"I walked into my first spin class a very depressed woman. I'm not exaggerating—just a week before accepting my new position at FFC Oak Park, I was diagnosed with General Anxiety Disorder, depression, and Post-Traumatic Stress Disorder. My battles for mental health are the result of genetic pre-dispositions and growing up under the spell of a hyper-controlling and abusive father who is currently serving a prison sentence for a domestic assault felony.

I came to FFC during a major depressive episode — I almost didn't even accept the job because I didn't believe I could thrive in a new atmosphere, especially one in the fitness industry. I, like many of my fellow depression survivors, fall into ruts of inactivity. Couple that with some bad body images, and you've got one very anxious couch potato in a gym full of people who are actively living their lives. Obviously, I accepted the job—with the encouragement from my husband—and I've loved working in Oak Park's local '84, making connections and catching that active energy from my coworkers that I couldn't quite find within myself.

In that first class, I was convinced I would fail. I truly did not have faith in my body; I didn't believe my legs could carry me through the class. 'Focus on the beat, and trust your legs,' I heard Amy repeat that affirmation several times through various drills in subsequent classes and it's still much easier said than done. 'You woke up today. You made it here,' the instructor likes to remind us. To some, it might sound like cheesy 'fitspo', but for me, it's a reminder that I'm alive, that I made an active choice to participate in



life, that I can move my body, and I can trust myself.

I cried in that first class, not because the drills were too hard, but because my body had proven my brain wrong — it had proven my GAD, depression, and PTSD wrong. Every day I get to test my limits – whether it's spinning or returning to strength training – in combination with correct medication, my heart heals a little bit more. I've regained a trust in myself that lessens the power that anxiety, depression, and PTSD have over me. "Your mind will give up before your body does," so I choose not to believe my struggling mind when she tries to convince me I can't keep going. Instead, I keep pedaling, keep breathing, keep living."

**Read more stories at [ffc.com/blog](http://ffc.com/blog).**

# MAKE FITNESS YOUR CAREER

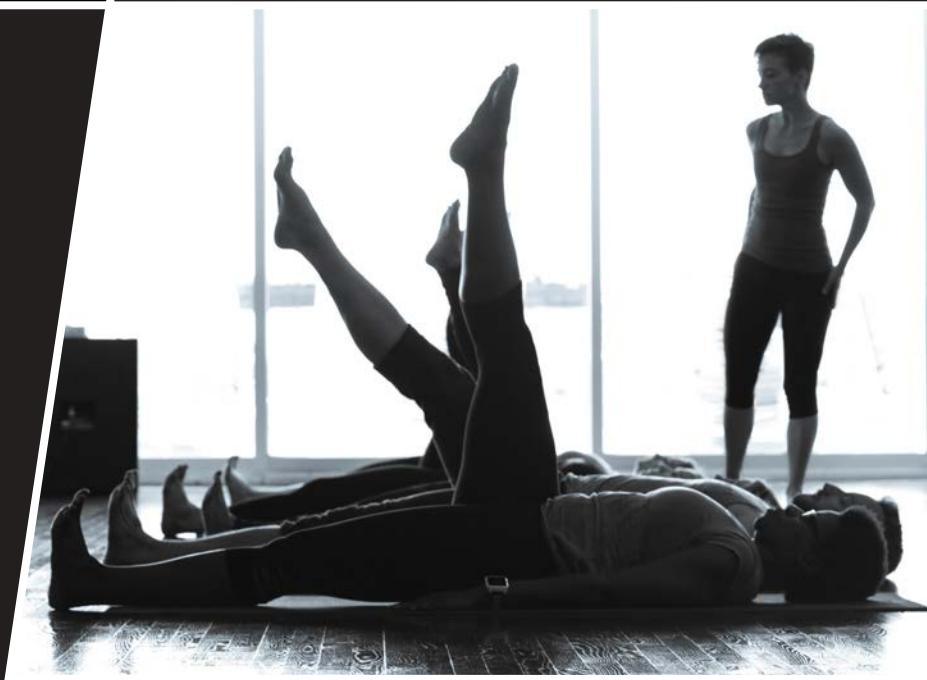


## ACE PERSONAL TRAINING CERTIFICATION

FFC has teamed up with the American Council on Exercise Science (ACE) to provide a 32-hour personal training program based on the ACE Personal Trainer Manual and will provide practical skills and knowledge for the ACE Personal Trainer Certification exam.

## PILATES TEACHER TRAINING PROGRAM

Classical Pilates Formula at FFC is a 450-hour comprehensive Pilates training apprenticeship diploma program that is included in the Pilates Method Alliance Registry of Schools.



**Get certified with us!**

For the next set of class dates, go to [ffc.com/ffc-university](http://ffc.com/ffc-university).

## About Fitness Formula Clubs

Established in 1984 by Founder and CEO Gale Landers, FFC owns and operates 11 upscale, mid and large size multi-use health, sports, fitness and spa centers in the Chicago area. FFC provides corporate wellness programs, nutrition counseling, signature group fitness programs, spa services, strength & endurance programs, individual & group training, physical therapy and other medically based rehabilitation programs. Each Chicagoland location is dedicated to supporting the local community and is recognized by the fitness industry for creating a distinct member experience delivered by its staff professionals. For more information, please visit [wwwffc.com](http://wwwffc.com).

## CORE VALUES

### IMPROVEMENT

We drive consistent facility, equipment and program improvement through regular communications and feedback.

### SAFETY

We maintain our equipment, supervise our facilities and train our staff for everyone's safety.

### FRIENDLINESS

We create fun, friendly and motivating environments that foster positive lifestyle changes.

### SUPERIOR SERVICE

We provide superior service by understanding needs, anticipating problems and solving issues promptly.

### INTTEGRITY

We conduct our business with honesty and treat all staff, members and guests with respect.

Boystown  
East Lakeview  
Elmhurst  
Gold Coast

Lincoln Park  
Oak Park  
Old Town

Park Ridge  
South Loop  
West Loop  
Union Station

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