

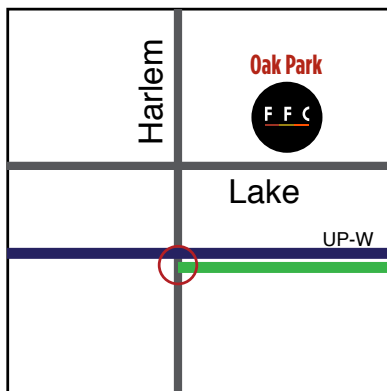
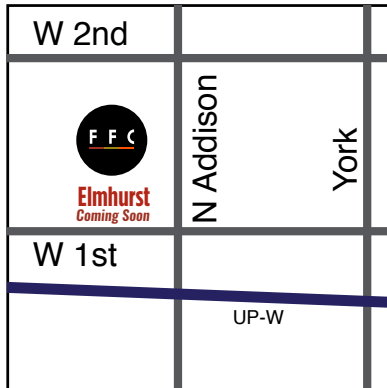
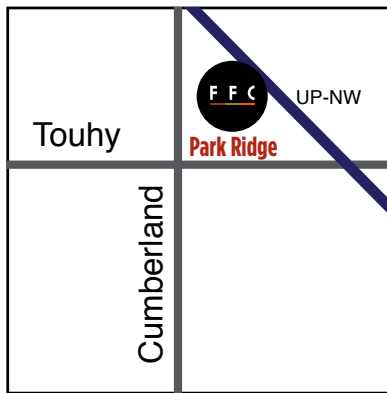


# #trainingforlife

Founded in 1984, Fitness Formula Clubs operates upscale, results-oriented health clubs in Chicago. We are committed to making a difference in the health and wellness of the people in Chicagoland, and continue to expand our unique value proposition.

At FFC, the facilities, amenities and staff provide you with everything you need to reach your goals and maintain them. Our clubs are conveniently located close to home and close to work, offer two hours of free parking and are adjacent to major public transportation.

Membership starts at just \$79.95 per month!



**East Lakeview**  
(773) 477-3664  
3657 N. Pine Grove

[Schedule a Tour](#)

**Gold Coast**  
(312) 944-1030  
1030 N. Clark St. Ste. 600

[Schedule a Tour](#)

**Boystown**  
(773) 755-3232  
3228 N. Halsted St.

[Schedule a Tour](#)

**Lincoln Park**  
(312) 337-1244  
939 W. North Ave.

[Schedule a Tour](#)

**Oak Park**  
(708) 383-1114  
1114 Lake St.

[Schedule a Tour](#)

**Old Town**  
(312) 640-1235  
1235 N. LaSalle St.

[Schedule a Tour](#)

**Park Ridge**  
(847) 802-9826  
826 W. Touhy

[Schedule a Tour](#)

**South Loop**  
(312) 360-1151  
1151 S. State St.

[Schedule a Tour](#)

**Union Station**  
(312) 627-0444  
444 W. Jackson Blvd.

[Schedule a Tour](#)

**West Loop**  
(312) 902-2040  
10 S. Clinton St.

[Schedule a Tour](#)

**Elmhurst**  
(630) 882-0140  
140 N. Addison

[Click for Details](#)



## Amenities

- Free Parking
- local '84 Cafes
- Childcare
- IHRSA Passport
- Swimming Pools
- Basketball Courts
- Hot Yoga Studios
- Pilates Studios
- Spinning Studios
- Climbing Walls
- Cardio & Strength Equipment
- Performance Training Center
- USA Triathlon Certified Performance Center
- Full Service Spas & Tanning
- Rooftop Sundecks
- Executive Locker Rooms
- Free Towel Service
- Steam Room/Sauna/Whirlpool
- Lockers & Laundry Service
- Sports Shop

## FFC Programs

- Group Fitness Classes
- Certified Personal Training
- Marathon/Triathlon Training
- Bootcamps
- Martial Arts
- Swimming Lessons
- Leagues
- Weight Loss and Fitness Challenges
- Nutrition Solutions
- FormuLife Rx
- Corporate Wellness
- Physical Therapy



# #trainingforlife

*"Being a member at FFC means coming from a long day of work and relieving my stress in a friendly and welcoming environment, which makes FFC the best gym in the city. Getting a good workout in after a long day helps me feel in touch with my mind and body. The classes are great - from Pilates to Cycling or Hot Yoga, there's a specific class to cater to everyone. Additional perks include heading to the sauna and steam room, then cooling off with eucalyptus towels and using the spa showers. FFC is a top notch gym which makes me feel reenergized, refreshed and the best version of myself."*

**- Sarah B.**

**Click Here to  
Schedule Your Personalized Tour Today!**



# Group Fitness Classes

## #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.

## Barr-e-cuda

Barre class meets high intensity interval training.

## 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.

## FitSport

Previously known as Athletic Training, this challenging cardiovascular and muscle strength conditioning class is time efficient and effective. Divided into cardiovascular segments ranging from moderate to high intensity, the class utilizes sport-specific drills and compound muscle strength exercises to challenge all the major muscles of the body. This class is appropriate for all fitness levels.

## 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 non-stop movement and a great detoxifying sweat.

## 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.

## TNT

This hybrid class fuses the cardiovascular benefits of interval work on the treadmill with upper body muscular endurance exercise using resistance tubing.

## X Factor

This 30-minute, total-body resistance workout focuses on intensity techniques known as compound sets and super sets. These techniques are used to (X)haust your muscles in order to create fatigue, maximize time, and promote an increase in lean body mass.

## 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.

## 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.



# PERFORMANCE TRAINING CENTER

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

**\$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**

# 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)
- 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.



# PERSONAL TRAINING



"The boxing classes with Guillermo are what really helped me shed the extra weight quickly. I lost 40 lbs. in 4 months. When I first started, I was out of breath in just 3-5 minutes. Now I can do a 12-minute round without taking a break. Guillermo pushed me, stayed positive and never gave up on me.

Guillermo told me, "When life throws a vicious hook to your head, you come back harder." I couldn't have done it without him. Thank you Guillermo Moreno and the entire FFC Oak Park staff for everything!"

- **Tina Casale**, FFC Oak Park



"Instead of gaining weight over the holidays, my body was rapidly transforming. After 10 sessions I lost 15 lbs., dropped 3% of my total body fat and melted off 14.5 inches. It's the best I've looked in years and I'm back to my old

confident self. The best part of the experience is the action plan Shawn put in place for me to move forward. The pounds continue to come off, and 'Beast by 40' is ahead of schedule!"

-**Kenton Barello**, FFC Union Station



# 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:

## NOW ACCEPTING HEALTH INSURANCE!

FFC's registered dietitians are now credentialed with the major health insurance carriers: **BlueCross BlueShield, UnitedHealthcare, Aetna, and Cigna**. Several insurance plans cover Medical Nutrition Therapy counseling for weight loss, diabetes, and kidney disease, often at little to no out of pocket costs. To find out if you are covered, reach out to your FFC registered dietitian to set up a quick, complimentary screening to see if you qualify!

## 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.**

**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***



# 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 Gold Coast celebrate during the much-anticipated annual rooftop Member Appreciation Party.



FFC employees proudly display their pride before walking in the annual Chicago Pride Parade in Boystown.



The FFC team and the Park Ridge Chamber of Commerce celebrate the grand opening of FFC Park Ridge.



Members at FFC West Loop take advantage of the beautiful summer weather & enjoy an outdoor spin class.