

PED121 – TOTAL FITNESS

APPROVED WORKOUT FACILITY SITES

(NOTE: You need to be a current, registered & active member to utilize these facilities for this course and **MUST** properly check-in for each visit)

FACILITY NAME	ADDRESS	WEBSITE	PHONE #
A3 PERFORMANCE CENTER	1033 Progress Drive Grayslake, IL 60030	A3performancecenter.com	847-986-2660
BUFFALO GROVE FITNESS CENTER	601 Deerfield Parkway Buffalo Grove, IL	Bgparkdistrict.org	847-353-7500
CARDINAL FITNESS	2192 W. Rte. 120 McHenry, IL 60050	Cardinalfitness.com	815-578-1400
CARDINAL FITNESS	11621 Catalpa Lane Woodstock, IL 60098	Cardinalfitness.com	815-337-8100
CHARTER FITNESS	6308 Northwest Hwy. Crystal Lake, IL 60014	Charterfitness.com	815-276-0530
CHARTER FITNESS	2192 W. Rte. 120 McHenry, IL 60051	Charterfitness.com	815-578-1400
CHARTER FITNESS	6302 75 th St. Kenosha, WI 53142	Charterfitness.com	262-697-9444
<i>CLC FITNESS CENTER</i>	19351 W. Washington St. Grayslake, IL 60030	http://www.clcillinois.edu/campus-life/fitness-and-wellness/fitness-center	847-543-2727
CONDELL CENTRE CLUB	200 West Golf Road Libertyville, IL 60048	Advocatehealth.com/ condellcentreclub	847-990-5750
CONDELL CENTRE CLUB	1405 Hunt Club Road Gurnee, IL 60031	Advocatehealth.com/ condellcentreclub	847-855-0700
CORE MARTIAL ARTS FITNESS	1793 Northwind Blvd. Libertyville, IL 60048	Libertyvillemartialarts.com	224-612-3665
CROSSFIT KILTER	1840 Industrial Dr., Suite 350 Libertyville, IL 60048	Crossfitkilter.com	847-362-2351
CROSSFIT PREVAIL	753 Ridgeview Dr. McHenry, IL 60050	Crossfitprevail.com	815-578-9486
CURVES OF WAUKEGAN	805 W. Greenwood Waukegan, IL 60085	Curves.com	847-623-8045
EPIC FITNESS	600 S. Rte. 59 Ingleside, IL 60041	Yourepicfitness.com	847-587-0766
EQUINOX	799 Central Ave. Highland Park, IL 60035	Equinox.com	847-681-7777
FITNATION	1655 Nations Dr. Gurnee, IL	Fitnationgurnee.com	847-623-4506
FITNESS 19	831 E. Belvidere Rd. Grayslake, IL	Fitness19.com	847-543-0019

FITNESS 19	310 Half Day Rd. Buffalo Grove, IL 60089	Fitness19.com	847-955-1919
FITZONE FOR WOMEN	835 E. Rollins Road Round Lake Beach, IL	Fitzoneforwomen.com	847-752-8767
HEALTH BRIDGE FITNESS	10450 Algonquin Road Huntley, IL 60142	Healthbridgefitness.com	847-444-2900
HIGHLAND PARK RECREATION CENTER	1207 Park Ave. West Highland Park, IL 60035	Pdhp.org	847-579-4554
HUNT CLUB PARK FITNESS CENTER	920 N. Hunt Club Road Gurnee, IL	Gurneeparkdistrict.com	847-623-7788
IDENTITY FITNESS	686 South Lake Street Mundelein, IL 60060	Identityfitness.com	847-566-1790
L.A. FITNESS	540 E. Rollins Rd. Round Lake Beach, IL	Lafitness.com	847-752-6841
L.A. FITNESS	452 Lakehurst Rd. Waukegan, IL	Lafitness.com	224-399-0990
L.A. FITNESS	115 Skokie Valley Rd. Highland Park, IL	Lafitness.com	847-315-9029
L.A. FITNESS	825 S. Rand Road Lake Zurich, IL 60047	Lafitness.com	847-719-8475
L.A. FITNESS	3880 Willow Rd. Glenview, IL 60025	Lafitness.com	847-597-4373
LAKE BLUFF PARK DISTRICT	355 W. Washington Ave. Lake Bluff, IL 60045	Lakebluffparks.org	847-482-9326
LAKE COUNTY BOOT CAMPS	1838 Belvidere Road Grayslake, IL 60030	Lakecountybootcamps.com	224-210-1142
LAKE FOREST PARK & REC FITNESS CENTER	400 Hastings Road Lake Forest, IL 60045	Cityoflakeforest.com/ Parks-andrecreation/ fitness-center/	847-615-3187
LAKEVIEW FITNESS	700 Lakeview Parkway Vernon Hills, IL	Vhparkdistrict.org/ Fitness/about.asp	847-367-6797
LIBERTYVILLE SPORTS COMPLEX	1950 N. Hwy 45 Libertyville, IL	Libertyville.com	847-367-1506
LIFETIME FITNESS	680 Woodlands Parkway Vernon Hills, IL	Lifetimefitness.com	847-995-0670
LINCOLNSHIRE CLUB GO! FITNESS	96 Elm Rd. Lincolnshire, IL 60069	Go-fitnessnow.com	847-913-2000
LINDENHURST HEALTH & FITNESS CENTER	3098 Falling Waters Blvd. Lindenhurst, IL	Lindenhurstparks.org	847-535-7601
LINDENHURST PARK DISTRICT	2200 E. Grass Lake Road Lindenhurst, IL 60046	Lindenhurstparks.org	847-356-6011
MIDTOWN ATHLETIC CLUB	1760 N. Hicks Rd. Palatine, IL 60067	www.midtown.com	847-991-4646

MUNDELEIN PARK DISTRICT	1401 Midlothian Rd. Mundelein, IL	Mundeleinparks.org	847-566-0650
MYTRAINER	332 Skokie Valley Road Highland Park, IL 60035	Mytrainerhp.com	847-780-4421
OMNI FITNESS STUDIO	1910 Sheridan Road Zion, IL 60099	Omnisalonspafitness.com	847-746-8348
PLANET FITNESS	751 W. Golf Rd. DesPlaines, IL 60016	Planetfitness.com	847-258-3466
PURE IN FORM PILATES STUDIO	649 N. Route 83 Grayslake, IL 60030	Pureinform.com	847-752-6550
RAY MEYER FITNESS & REC CENTER	2235 N. Sheffield Chicago, IL 60614	Campusrec.depaul.edu	773-325-4555
REC PLEX	9900 Terwall Terrace Pleasant Prairie, WI 53158	Recplexonline.com	262-925-6737
SACHS REC CENTER	455 Lake Cook Road Deerfield, IL 60015	Deerfieldparks.org/ Parks-facilities/ Sachs-rec-center/	847-572-2600
SKY FITNESS	1501 Busch Parkway Buffalo Grove, IL 60089	Sky-fitness.com	847-229-0292
THE BAR METHOD	1770 First Street, Suite 201A Highland Park, IL 60035	Barmethod.com	847-432-9150
THE FIELDHOUSE SPORTS & FIT CENTER	800 Baldwin Ave. Waukegan, IL 60085	Waukeganparks.org/ Fitness-center-fieldhouse/ General-info.htm	847-782-3300
THE FITNESS PURSUIT	1186 E. Washington St. Grayslake, IL 60030	Thefitnesspursuit.com	847-986-2759
TOTAL BODY YOGA	210 Terrace Drive Mundelein, IL 60060	Totalbodyyoga.com	847-266-9642
TRUSTMARK FITNESS CENTER	400 Field Drive Lake Forest, IL 60045	fitnesscenter@trustmarkins.com	847-283-4848
WAUCONDA PARK DISTRICT	600 N. Main St. Wauconda, IL	Waucondaparks.org	847-526-3610
WHEELING PK DIST FITNESS CENTER	333 W. Dundee Wheeling, IL 60090	Wheelingparkdistrict.com	847-465-2943
WOODSTOCK RECREATIONAL CENTER	820 Lake Ave. Woodstock, IL 60098	Woodstockrecreation department.com	815-338-4363
X SPORT FITNESS	1163 N. Milwaukee Rd. Libertyville, IL	Xsportfitness.com	847-680-9000
X SPORT FITNESS	960 W. Dundee Road Arlington Heights, IL 60004	Xsportfitness.com	847-577-0756
YMCA (HASTINGS LAKE)	1995 Grass Lake Rd. Lindenhurst, IL 60046	Ymcachicago.org/ hastingslake	847-356-4006
YMCA (BUEHLER)	1400 W. Northwest Hwy. Palatine, IL 60067	Ymcachicago.org/buehler	847-359-2400

YMCA (FOGLIA)	1025 Old McHenry Road Lake Zurich, IL 60047	Ymcachicago.org/foglia	847-438-5300
YMCA (HIGH RIDGE)	2424 W. Touhy Ave. Chicago, IL 60645	Highridgeymca.org	773-326-2929
YMCA (KENOSHA)	7101 53 rd St. Kenosha, WI 53144	Kenoshaymca.org	262-654-9622
YMCA (McGAW)	1000 Grove St. Evanston, IL 60201	Mcgawymca.org	847-475-7400
YOGA EFFECT	170 Center Street Grayslake, IL 60030	Theyogaeffect.net	224-436-1778
YOUR WORLD FITNESS	2222 Pierce Drive Spring Grove, IL 60081	Yourworldfitnessonline.com	815-675-9999
ZION PARK DISTRICT SPORTS ARENA	2400 Dowie Memorial Dr. Zion, IL 60099	Zionparkdistrict.com	847-746-5500
ZIP FITNESS	817 E. Rollins Road Round Lake Beach, IL 60073	Zipfitness.com	847-752-8670
ZIP FITNESS	730 N. Greenbay Road Waukegan, IL 60085	Zipfitness.com	847-672-6000
ZIP FITNESS	7300 W. Foster Chicago, IL 60653	Zipfitness.com	773-853-2305

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