

2010 Get Fit Free Trial Memberships



Anytime Fitness

Trial membership March 14 – April 24

1862 South West Ave., Freeport
815-233-4334



Freeport's only 24-hour, secure-access adults-only facility. We are a brand-new, state-of-the-art, clean club. Personalized workout included with membership.

Contact: Mike Thompson

freeportil@anytimefitness.com

www.anytimefitness.com

Body Kurves

Trial membership January 31 – March 13

(Now with special co-ed hours daily)

18 W. Stephenson Street, Freeport
815-233-0066

- Free orientation for Get Fit Challenge participants:
 - Six-week trial membership starts from date of orientation
 - Limited number per orientation, call to reserve your spot
 - Orientation times:
 - Tuesdays 10 a.m. (females only)
 - Fridays 6 p.m. (co-ed)
 - Saturdays 9:15 a.m. (females only)

- Fat Burning classes (Lo Impact Aerobics) free for Get Fit participants
 - Monday, Wednesday and Friday from 8 – 9 a.m. (co-ed)

- Steam room and sauna
- Cybex equipment
- Free weights
- Cardio equipment
- Certified trainers on site



Contact: Sandy Hawley – Kutzke

BodyKurves@aol.com

www.bodykurves.com

Curves of Freeport, Lena, and Savanna

Curves is a facility specially designed for women featuring a complete workout in just 30 minutes, it is a great facility for women of all ages and fitness levels. Curves is also proven effective at helping women lose weight, gain muscle strength and raise metabolism with aerobic activity. The aerobic activity will contribute to healthy bones, muscles and joints as well.

FREEPORT trial membership January 31–April 24

2026 W. Galena Ave., Freeport
815-233-1766

Six-week trial membership anytime during the Get Fit Challenge. Participants must call and make an appointment for your orientation. Curves in Freeport also offers a free nutrition class.

LENA trial membership January 31 – March 13

240 W. Main St., Suite D, Lena
815-369-4477

Six-week trial membership anytime during the Get Fit Challenge. Participants must call and make an appointment for your orientation. Curves in Lena offers free classes featuring the Curves Weight Management Program – permanent results without permanent dieting. Located on the corner of Main St. and Rantoul St., use side entrance.

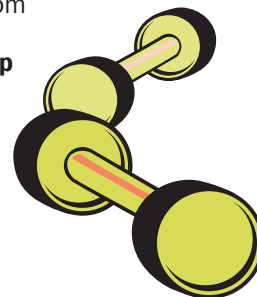
Contact: Carol Wickersham

www.curvesinternational.com

**SAVANNA trial membership
January 31 – April 24**

309 Main St., Savanna
815-273-7777

Participants must call and make an appointment for your orientation.



Contact: Angela Neis

angiescurves@grics.net

www.curves.com

Family YMCA of Northwest Illinois

Trial membership January 31 – March 13

2998 Pearl City Road, Freeport
815-235-9622

Contact: Matt Mullen

matt.mullen@highland.edu

www.freeportymca.org



We're here. For you.

FHN

2010 Get Fit Free Trial Memberships



Fitness Lifestyles

Trial membership January 31 – February 20

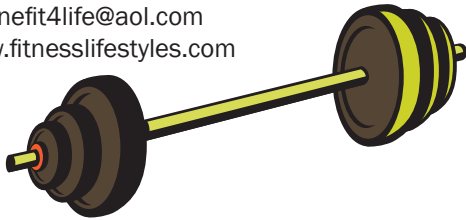
641 W. Stephenson Street, Freeport
815-233-2292

Our fitness classes are included free with membership. We are a co-ed club, we also offer a women's only area.

Contact: Duane Burlingame

Duanefit4life@aol.com

www.fitnesslifestyles.com



Stockton Co-op Fitness

Trial membership January 31 – March 13

108 S. Main St., Stockton
815-238-4347

Our fitness center has limited hours, listed below:
Monday – Friday: 8 – 10 a.m. and 3 – 4 p.m.

Contact: Cathy Boldt

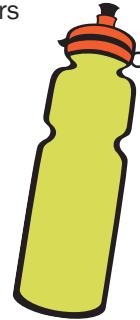
815-238-4347

Summit Fitness

Trial membership January 31 – March 13

219 Main St., Pecatonica
815-239-2349

- 24/7 access available to members
- 11 free classes
- Classes for seniors
- Circuit machines
- Free weights
- Cardio machines
- Free initial demo
- And more!



Contact: Tom Volscho

www.summitfitnessofpecatonica.com

On the Move

Community Fitness Center

Trial membership January 31 – March 13

125 W. Locust Street, Lanark
815-493-8213

Our facility is open 24 hours/7 days per week to our members. We also offer group exercise classes; you can call us for the current schedule. An orientation to the facility is required before starting your trial membership, please call to schedule your orientation today! Enter through glass door on side of gray building.

Contact: Becka Millard

Onthemove03@frontiernet.net

www.onthemovecfc.com

Skate Station

Trial membership January 31 – April 24

7016 US 20 West, Lena
815-232-7344

Skate Station will offer free admission and skate rental during their trial membership.

Contact: Linda Simler

skate@aeroinc.net

www.skatestation.com

The Answer Fitness and Tanning

Trial Membership February 1 – February 28

319 Main St., Savanna
815-273-3747

We have keyless entry, you can work out 7 days a week! We offer yoga, aerobics classes and Tae Kwon Do.

Contact: Mike Klein

theanswerfitness@grics.net

www.fitness-tanning.com

Whole Body Studio

Trial membership January 31 – March 13

1650 S. Hance, Freeport
815-233-5319

Get Fit participants are welcome to join our yoga and pilates classes. For our class schedule, please contact the studio.

Contact: Heidi Schindlbeck

heidi@wholebodystudio.com

www.wholebodystudio.com



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