

Meet our Personal Trainers



Julia Blankenship graduated from Illinois State University in 2016 with a bachelor's degree in insurance and risk management. After working in the corporate world for some time, she realized her true calling is helping others achieve optimum wellness. **As a Certified Personal Trainer and Certified Wellness Coach with specializations in senior fitness and nutrition**, Julia believes that wellness is about much more than the number on the scale. Julia utilizes a holistic approach combined with clinically

proven methods to help her clients achieve optimum wellness by teaching:

- Overcoming Obstacles
- Disease Prevention
- Balanced Lifestyle Practices
- Proper and Maintainable Nutrition
- Sustainable Weight Loss Methods
- Enjoyable Exercise: Strength Training, High Intensity Interval Training, Cardio & Yoga

Julia believes that every client knows what's best for themselves, they may just need help getting there. Work with Julia today to see first-hand how exercise can transform your life.

- Fitness Assessments
- 30- or 60-minute sessions
- Progress Tracking
- No repeat workouts



Mark Gazda has 10 years of personal training experience. Mark graduated from National Personal Training Institute with a certification in personal training and nutrition. He is also continuing his education by pursuing a bachelor's degree in kinesiology. Mark is from Chicago and currently lives in Bloomingdale. He is very passionate about martial arts and played softball and volleyball growing up. His goal as a trainer is to make exercise fun and obtainable.

Personal Training Fees

- 4 60-minute personal training sessions \$180
- 8 60-minute personal training sessions \$320
- 10 60-minute personal training sessions \$350
- 1 60-minute session \$50
- *Assessment fee: \$25
- 4 30-minute personal training sessions \$90
- 8 30-minute personal training sessions \$160
- 10 30-minute personal training sessions \$175
- 1 30-minute session \$25

The 2021 golf season is in "Full Swing" at Bloomingdale Golf Club. We would like to remind you of many great opportunities awaiting you at the golf course:

- Community Card Discount Program
- Junior Tournament
- Nine and Dine Mixed Couples Events
- Individual Private Golf Instruction
- Junior Golf School - Little Hitters
- "Youth on Course" Program



"Little Hitters" Junior Golf School

Taught by our PGA golf professional staff, our objective is to provide a fun introduction to the game. Each session will go for two weeks, three days each of these weeks. The first week covers some basic fundamentals, rules of the game, etiquette, and short game. The second week of school focuses on the full swing using the irons and woods. All students should have a set of golf clubs. If there is a need for equipment, please inform the golf shop. Register online at www.bloomingdalegc.com or in the golf pro shop.

Age	Day	Time	Date	Fee	Min/Max
5-7	W	10-10:50AM	6/15-6/24	\$75	4/10
5-7	W	10-10:50AM	7/6-7/15	\$75	4/10
5-7	W	10-10:50AM	7/20-7/29	\$75	4/10

Youth on Course Only \$5!

This program is designed to give juniors between the ages of 7-17 the opportunity to play 9 or 18 holes of golf for only \$5. To be a participant, juniors need to register at the Chicago District Golf Association (CDGA) website at www.CDGA.org. There is a \$20 annual registration fee. Once registered, the junior golfer will receive an identification card that must be presented along with a photo ID when paying in the golf shop. The junior MUST be present in the pro shop (if parent or another adult is paying). Availability dates to play at Bloomingdale GC are Mondays, Thursdays, and Fridays (any time), and after 2 p.m. on Saturdays and Sundays. The \$5 fee covers up to 18 holes of golf (walking). Juniors may play at any course (locally or nationally) that is part of this program.

Fourth Annual Bloomingdale Junior Golf Classic Tournament

Tuesday, July 6

Various age divisions

9 or 18 holes

Additional information available at www.bloomingdalegc.com or in the golf shop.