

Live Group Exercise Classes

September 2021

Sponsored by 

Group Exercise  Water Fitness  Cycle  Mind/Body  Virtual/Live 

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
5:30 - 6:30 am Boot Camp Live Outdoor Fitness Platform* Karin	8 - 8:45 am Cardio Drumming Group Ex Studio Suzanne	5:30 - 6:30 am Athletic Stretching Group Ex Studio Cathy	5:30 - 6:30 am Strength Intervals Outdoor Fitness Platform* Alison	5:30 - 6:30 am Power Cycle Spin Studio Karin	8 - 9 am Boot Camp Indoor Track Alison	9 - 9:50 am Zumba Group Ex Studio Kelly R
8:30 - 9:15 am TBC Group Ex Studio Kelly B	9 - 9:45 am Aqua Fit Lap Pool Suzanne	9 - 9:45 am Barre Strong Group Ex Studio Debbie W	8 - 8:50 am TBC Group Ex Studio Kelly B	8:30 - 9:15 am TBC Live Group Ex Studio Suzanne	8:15 - 9 am ^{New} Barre Sculpt Outdoor Fitness Platform* Debra	9:30 - 10:30 am ^{New} Restorative Yoga Mind/Body Studio Tika
8:30 - 9:15 am Deep Water Lap Lanes 4 & 5 Wendy	9 - 9:45 am Heart Strong Wellness Room Christy	10 - 10:50 am Dance Fusion Group Ex Studio Elizabeth	9 - 10 am ^{New} Yoga Mind/Body Studio Jenay	9 - 10 am Yoga Mind/Body Studio Tika	8:30 - 9:30 am All Levels Yoga Mat Studio Dawn	10 - 11 am HIIT Outdoor Fitness Platform* Felicia
6:30 - 7:30 pm Yoga Flow Group Ex Studio Bernie	9 - 9:50 am Lollybolly Dance Fusion Group Ex Studio Maira	10:30 - 11:15 am Chair Fitness Mind/Body Studio Siobhan	9 - 9:45 am Aqua Fit Lap Pool Suzanne	9 - 9:45 am Aqua Fit Lap Pool Kelly B	9 - 10 am Power Cycle Spin Studio Ivan	
	9:30 - 10:15 am Pilates Sculpt Mind/Body Studio Jenay	5:45 - 6:30 pm ^{New} HIIT Outdoor Fitness Platform* Kelly R	10 - 10:45 am Cardio Dance Group Ex Studio Suzanne	9:30 - 10:15 am Cardio Drumming Group Ex Studio Suzanne	9:15 - 10 am Body Sculpt Group Ex Studio Pam G	
	10:30 - 11:15 am Gentle Fitness Mind/Body Studio Siobhan	6:30 - 7:15 pm Aqua Pilates Warm Water Pool Katie	7 - 8 pm Dance Fusion Group Ex Studio Bridgitt	10:30 - 11:30 am Flexibility Plus Core Mat Studio Siobhan	10 - 10:45 am Aqua Fit Lap Pool Katie	
	7 - 8 pm Dance Fusion Group Ex Studio Bridgitt					

To make a reservation, go to bgfitness.org and click on [Group Exercise Reservations](#). Reservations can be made 3 days before class begins and will close 30 minutes before the start of the class. *In case of inclement weather, class will be moved indoors. Please visit the front desk for assigned location.



FITNESS CENTER
at the Buffalo Grove Park District

