

# Fitness & Wellness

## Virtual Zumba

Are you looking for a new workout that is fun and gets you into a good sweat? Do you wish you could really swing your hips to a salsa rhythm? The new Zumba workout rave is worth the time. Classes combine Latin dances like Flamenco, Salsa, Merengue and Cumbia with a fitness regimen that guarantees fun with a workout. Move beyond sweating to the oldies and twist your hips to a spicy Latin beat. Workouts involve total body movement, while mostly toning abs, buns, hips and thighs. Lose weight and learn to dance now! You will be sent the Zoom login information via email 30 - 60 minutes prior to the start of each class. For more information, contact Liz Sass at 847.850.2136 or [lsass@bgparks.org](mailto:lsass@bgparks.org).

Age: 16 years and up

Code	Day	Date	Time	R/NR Fee
211738-03	Sun	Sept 13 - Oct 4	10 - 10:45 am	\$40/\$50
211738-02	Tue	Sept 15 - Oct 6	7 - 7:45 pm	\$40/\$50

Instructor: Sotelo

Location: Online

## Virtual BollyX

BollyX is an exciting, high intensity Bollywood inspired dance cardio workout. Move your body to the heart pumping beats of Bollywood music, and get ready to feel that muscle burn, and unleash your inner swagger. This is dancing to fun music, and doesn't even feel like a workout. No experience is necessary to participate in this class; all ages and abilities are welcome to join. You will be sent the Zoom login information via email 30 - 60 minutes prior to the start of each class. For more information, contact Liz Sass at 847.850.2136 or [lsass@bgparks.org](mailto:lsass@bgparks.org).

Age: 13 years and up

Code	Day	Date	Time	R/NR Fee
211757-02	Sat	Sept 12 - Oct 3	9:30 - 10:15 am	\$40/\$50

Instructor: Schwalb

Location: Online

## Adult Flexibility & Balance

Flexibility exercise can improve overall ease of movement, decrease stress on joints, reduce risk of injury, and help improve blood flow to the muscles. Stretching an injured muscle will also help speed up your recovery. For more information, please contact Debra Saper at 847.353.7512 or [dsaper@bgparks.org](mailto:dsaper@bgparks.org).

Age: 16 years and up

Code	Day	Date	Time	M/NM Fee
211441-01	Sun	Sept 13 - Oct 25	11:30 am - 12:30 pm	\$84/\$105

Instructor: Staff

Location: Fitness Center

## Group Pilates Training

Group Pilates Training classes allow the participant to explore all the benefits of reformer training in a small group setting. For more information, please contact Debra Saper at 847.353.7512 or [dsaper@bgparks.org](mailto:dsaper@bgparks.org).

Age: 16 years and up

Code	Day	Date	Time	M/NM Fee
211411-03	Mon	Sept 14 - Oct 26	7 - 8 pm	\$132/\$165
211411-01	Fri	Sept 18 - Oct 23	8:30 - 9:30 am	\$132/\$165
211411-09	Sat	Sept 26 - Oct 31	8 - 9 am	\$132/\$165

Instructor: Reformer Trainers

Location: Fitness Center

## Virtual Family Yoga

Family Yoga is amazing for everyone! Children, parents, grandparents and caregivers get to enjoy practicing yoga together, and strengthen their bonds while supporting each other and having fun. The activities of this class are for children and parents to do together. Family Yoga helps children and parents become stronger and more flexible, and develop coordination, balance and motor skills. Relaxation techniques, deeper focus, and concentration will be experienced by all, and aid with becoming more grounded and peaceful together. Registration for this class is per person, not per family. You will be sent the Zoom login information via email 30 - 60 minutes prior to the start of each class. For more information, contact Liz Sass at 847.850.2136 or [lsass@bgparks.org](mailto:lsass@bgparks.org).

Age: 6 years and up

Code	Day	Date	Time	R/NR Fee
211745-01	Thu	Sept 10 - Oct 1	5:30 - 6:15 pm	\$56/\$70

Instructor: Nahar, ERYT

Location: Online

## Virtual Chair Yoga

Get fit while you sit. Inhale, exhale, stretch and bend as you release your stress with Vidya. If you can breathe, you can do Chair Yoga. This more gentle form of yoga has caught on. You no longer have to get down on a yoga mat because this yoga class is done sitting in, and standing, holding on to your chair. It is easier on those less limber muscles and is known to improve balance, increase your energy and relieve stress and tension. Please bring your yoga mat or a beach towel with you. You will be sent the Zoom login information via email 30 - 60 minutes prior to the start of each class. Vidya Nahar holds YACEP, AFAA, ACE certifications. For more information, contact Liz Sass at 847.850.2136 or [lsass@bgparks.org](mailto:lsass@bgparks.org).

Age: 16 years and up

Code	Day	Date	Time	R/NR Fee
211748-03	Tue	Sept 8 - Sept 29	9:30 - 10:15 am	\$56/\$70

Instructor: Nahar, ERYT

Location: Online



**Heart Healthy Training** NEW

This is small group personal Training for seniors who are looking to stay heart healthy. Class will be a combination of strength, cardio, stretching and balance, for a well rounded workout. Please bring a mask. For more information, please contact Debra Saper at 847.353.7512 or [dsaper@bgparks.org](mailto:dsaper@bgparks.org).

Age: 16 years and up

Code	Day	Date	Time	M/NM Fee
211450-01	Tue	Sept 15 - Oct 27	9 - 10 am	\$84/\$105

Instructor: Staff

Location: Fitness Center

**Adult Boxing Basic**

This is a great opportunity to be trained by one of our top male trainers, in a private small group setting. If you are looking to get in shape, or learn boxing routines with attention to details, this is for you. Please bring a facemask, towel and water. For more information, please contact Debra Saper at 847.353.7512 or [dsaper@bgparks.org](mailto:dsaper@bgparks.org).

Age: 16 years and up

Code	Day	Date	Time	M/NM Fee
211447-01	Thu	Sept 17 - Oct 29	6:30 - 7:30 pm	\$105/\$130

Instructor: Staff

Location: Fitness Center

**Fitness Coaching**

Not ready to come back to the gym, but want to exercise, and need a plan? Let one of our personal trainers help you with a home workout plan. This package includes a 30 minute consultation over the phone with a trainer, a workout plan that is based on your equipment and goals, and a 30-minute follow up call with the trainer. For more information, please contact Debra Saper at 847.353.7512 or [dsaper@bgparks.org](mailto:dsaper@bgparks.org).

Age: 16 years and up

Code	M/NM Fee
211434-01	\$40/\$50

Instructor: Staff

Location: Online



ORDINANCE 05-7-1

Have you ever had to walk through a cloud of smoke? Has your little one ever picked up a cigarette butt while playing?

**ENJOY THE FRESH AIR!**

Smoking (including e-cigarettes) is not permitted anywhere on Buffalo Grove Park District property. This includes all parks, athletic fields, spectator viewing areas and parking lots.

- » No secondhand smoke.
- » No cigarette litter means cleaner parks.
- » A safer environment for everyone.



FITNESS CENTER  
at the Buffalo Grove Park District

601 West Deerfield Parkway • Buffalo Grove, IL 60089

847.353.7500 • [bgfitness.org](http://bgfitness.org)

# EXPERIENCE THE BEST IN FITNESS!

Join the Fitness Center at the Buffalo Grove Park District to experience the best in fitness. All new members receive a complimentary Jump Start Orientation, a free welcome gift, and 6 free guest passes per year. There are no enrollment fees for new memberships, so visit us today and discover the best membership option for you.

## Club Features

- + 80,000 sq. ft. state of the art facility
- + Over 125 top of the line cardiovascular machines
- + 4 large separate areas for free weights, boxing area, functional training and weight resistance machines
- + Aquatics area featuring a 5-lane lap pool, warm water therapy pool and whirlpool
- + Indoor track and basketball court
- + Quiet Room
- + 99+ free Group Exercise classes
- + Team of nationally certified personal trainers and fitness instructors
- + Small Group Training Studio
- + Pilates Reformer Studio
- + Group Ex Studio
- + Yoga Studio
- + Barre/Mat Pilates Studio
- + Specialty programming
- + Corporate Wellness programs
- + Weight loss programs
- + Kids Club, on-site child care featuring indoor and outdoor activity areas

Want the Fitness Center experience without the commitment? Ask about our flexible pass options that allow full access.

The Fitness Center has reopened. Detailed information, including rules and new protocols can be found on our website at [bgfitness.org](http://bgfitness.org)

## Fitness Center Hours

Monday - Friday	5 am - 7:30 pm
Saturday & Sunday	6 am - 5:30 pm

## Membership Office Hours

Monday - Thursday	9 am - 5 pm
Friday - Sunday	9 am - 3 pm (until September 11) (9 am - 5 pm beginning September 12)

Due to COVID-19, anyone wishing to meet in person with a Member Services representative must make an appointment by calling 847.353.7551.

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