

Fitness & Wellness

Sit & Be Fit S

If you are looking for a fun, low impact way to keep those muscles and joints moving, this is the class for you! This class will incorporate chair exercises that will improve your posture and core strength. Through these exercises, you will work on your flexibility, balance, coordination, circulation and reaction time. (AC)

Age: 18 years and up

| Code | Day | Date | Time | R/NR Fee |
|-----------|-----|-----------------|------------------|-----------|
| 311713-03 | Mon | Jan 8 - Feb 5 | 11:15 am - 12 pm | \$30/\$38 |
| 311713-01 | Fri | Jan 12 - Feb 9 | 11:15 am - 12 pm | \$30/\$38 |
| 311713-04 | Mon | Feb 12 - Mar 19 | 11:15 am - 12 pm | \$36/\$45 |
| 311713-02 | Fri | Feb 16 - Mar 23 | 11:15 am - 12 pm | \$36/\$45 |

Instructor: Nelson

Location: Alcott Center



Drum Yourself Fit S

Unleash your inner rock star with this fun new class that anyone can do! Using your own set of drumsticks, you'll bang away calories, fat and stress for a total body workout that is so much fun, it doesn't even feel like a workout. Everything you need for the class is provided, so come get fit to the beat. (AC)

Age: 16 years and up

| Code | Day | Date | Time | R/NR Fee |
|-----------|-----|----------------|----------------|-----------|
| 311710-01 | Mon | Jan 8 - Mar 19 | 8:30 - 9:30 am | \$66/\$83 |

Instructor: Nelson

Location: Emmerich Park

Step 'N Strength S

This class alternates between segments of step aerobics to burn calories and fat, and sculpting work to tone your body, thereby increasing your body's metabolism. Some segments are longer, while some are shorter drill-type segments to allow your body to continue burning calories and fat long after the class is over. While this is not a beginner class (as far as the stepping is concerned), the choreography on the step stays the same from week to week, allowing you time to get the steps if they seem tricky at first. The sculpting segments change from week to week; and, we will use a variety of equipment for muscle work, including hand weights, weighted bars, stability balls, resistance tubes, core discs, and your own body weight. Core work and stretching are always included in this fun, non-intimidating class as well. (AC)

Age: 18 years and up

| Code | Day | Date | Time | R/NR Fee |
|-----------|-----|----------------|----------------|-----------|
| 311732-03 | Sat | Jan 6 - Mar 24 | 8:45 - 9:45 am | \$66/\$83 |

Instructor: Olsen

Location: Emmerich Park

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|-----------|-----|----------------|----------|-----------|
| 311732-01 | Mon | Jan 8 - Mar 19 | 7 - 8 pm | \$66/\$83 |
|-----------|-----|----------------|----------|-----------|

Instructor: Bauer

Location: Emmerich Park



Cardio Fusion S

Keep boredom at bay with this mash-up class that combines different types of cardio, strength and other exercise formats, such as low impact dance aerobics, kickboxing, cardio barre, step, yoga flow, bodyweight exercises and walk aerobics. You won't get the same workout twice! It will get your heart pumping to burn fat and calories, and put a smile on your face. You will work at your own pace and fitness level using a variety of equipment. (AC)

Age: 16 years and up

| Code | Day | Date | Time | R/NR Fee |
|-----------|-----|-----------------|----------------|-----------|
| 311756-01 | Wed | Jan 10 - Mar 21 | 9 - 10 am | \$66/\$83 |
| 311756-02 | Fri | Jan 12 - Mar 23 | 8:30 - 9:30 am | \$66/\$83 |

Instructor: Nelson

Location: Emmerich Park

For more information about fitness and wellness classes at Emmerich Park and the Alcott Center, please contact Allison Christopoulos at 847.850.2146.

S Indicates there is a senior discount available.

Zumba Gold

Zumba® Gold takes the popular Latin-dance inspired workout Zumba, and makes it accessible for seniors and beginners. It breaks down all Latin rhythms to address the needs of active older adults, or the unconditioned beginners. Experience with dance is not required. The intention of the class is to move a little and have a lot of fun, even if you don't perform each move perfectly. 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. (AC)

Age: 18 years and up

| Code | Day | Date | Time | R/NR Fee |
|-----------|-----|-----------------|---------------|-----------|
| 311702-01 | Wed | Jan 10 - Mar 21 | 10:15 - 11 am | \$55/\$69 |

Instructor: Sotelo

Location: Emmerich Park

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! (AC)

Age: 16 years and up

| Code | Day | Date | Time | R/NR Fee |
|-----------|-----|-----------------|----------------|-------------|
| 311738-03 | Sun | Jan 7 - Mar 25 | 9 - 10 am | \$115/\$143 |
| 311738-01 | Tue | Jan 9 - Mar 20 | 7 - 8 pm | \$105/\$131 |
| 311738-02 | Thu | Jan 11 - Mar 22 | 7:05 - 8:05 pm | \$105/\$131 |

Instructor: Sotelo

Location: Emmerich Park

Zumba Toning

It's an exciting, latin inspired, dance 'n tone program. This is the original dance-fitness class taken to the next level. Zumba® Toning is an innovative muscle training program with the addition of light weight toning sticks. We provide the 2 ½ pounds, sand filled toning sticks, which are very similar to maracas. In a relatively short period of time, this challenging workout helps in building coordination and muscle endurance. The new and exciting Zumba® Toning program is designed to offer the participant a safe, yet effective total body toning workout! Previous Zumba experience (at least one session) is required before taking the Zumba Toning class. (AC)

Age: 16 years and up

| Code | Day | Date | Time | R/NR Fee |
|-----------|-----|-----------------|-------------|-------------|
| 311703-01 | Thu | Jan 11 - Mar 22 | 6:15 - 7 pm | \$105/\$131 |

Instructor: Sotelo

Location: Emmerich Park

Muscle Fit

Exercise all major muscle groups using various forms of resistance. Strengthen and tone your muscles, rev up your metabolism and increase your bone density in a non-intimidating, fun class. (AC)

Age: 16 years and up

| Code | Day | Date | Time | R/NR Fee |
|-----------|-----|-----------------|----------------|-----------|
| 311723-03 | Wed | Jan 10 - Mar 21 | 7:30 - 8:30 pm | \$66/\$83 |

Instructor: Khalha

Location: Emmerich Park

Insanity

This is the same type of mind blowing, MAX Interval Training workout that you've heard about for the home DVD system, but in a group setting with upbeat music. Modifications for the movements are available for a low impact workout, while still getting an intense workout. You perform long bursts of maximum-intensity exercises with short periods of rest. Each Insanity workout keeps you constantly challenged, since the intervals are being performed at your max. This class will leave you breathless, sweaty and feeling fabulous. Bring a towel and be prepared to sweat. This is great as a supplement to your at home Insanity workout, or as a stand alone workout. (AC)

Age: 18 years and up

| Code | Day | Date | Time | R/NR Fee |
|-----------|-----|-----------------|----------------|-----------|
| 311751-01 | Wed | Jan 10 - Feb 7 | 5:50 - 6:20 pm | \$36/\$45 |
| 311751-02 | Wed | Feb 14 - Mar 21 | 5:50 - 6:20 pm | \$43/\$54 |

Instructor: Fugate

Location: Alcott Center

Choose To Lose

Join our 10 week New Year's resolution fitness weight loss program. This program is designed specifically to help you boost your metabolism, burn calories, melt fat, and ultimately lose weight with the help of our certified personal trainers. Research states smaller groups may give you bigger results. (ID)

Age: 16 years and up

| Code | Gender | Day | Date | Time | M/RNM/NRNM Fee |
|-----------|--------|--------|----------------|----------------|-------------------|
| 311435-01 | Female | Tu, Th | Jan 9 - Mar 15 | 6:30 - 7:30 pm | \$250/\$312/\$325 |
| 311435-02 | Male | Tu, Th | Jan 9 - Mar 15 | 6:30 - 7:30 pm | \$250/\$312/\$325 |

Instructor: Personal Trainers

Location: Fitness Center

Ball Pilates

This class provides the same benefits as the Mat Pilates class; however, the addition of the stability ball adds fun and variety while increasing the focus on the core muscles. (AC)

Age: 18 years and up

| Code | Day | Date | Time | R/NR Fee |
|-----------|-----|-----------------|-----------------|------------|
| 311701-01 | Fri | Jan 12 - Mar 23 | 9:45 - 10:45 am | \$88/\$110 |

Instructor: Nelson

Location: Emmerich Park



Mat Pilates

Pilates certified instructor Lois Nelson will take you through a class that is designed for all ages and abilities. Pilates is a total body conditioning exercise method that integrates mind, body and breath to help you achieve your goals. It focuses on strengthening the core, helps restore your natural balance, improves flexibility, strength and posture, gives sleek and toned muscles, reduces stress, discomfort and pain, helps prevent bone deterioration, and assists pre and post-natal women in breathing, body concentration and recovery of body shape and tone after delivery. Pre and post-natal (less than 6 weeks after delivery) women need a doctor's note to participate. You will need to bring a towel and a roll-up yoga-style mat. (AC)

Age: 16 years and up

| Code | Day | Date | Time | R/NR Fee |
|-----------|-----|----------------|-----------------|------------|
| 311721-01 | Mon | Jan 8 - Mar 19 | 9:45 - 10:45 am | \$88/\$110 |

Instructor: Nelson **Location:** Emmerich Park

Pilates Reformer Training

Training in our Pilates equipment studio at the Buffalo Grove Fitness Center is a great way to explore the exercise methods pioneered by Joseph Pilates. By incorporating modern exercise principles with original Pilates exercises you can experience the restoration of the natural curves of the spine, rebalance the muscles around the joints and strengthen the core. These training methods are appropriate for many different body types and abilities.

Reformer Basics

This Pilates reformer small group class is ideal for the beginner or a person in need of rehabilitation with desire to gain knowledge and strengthen the core. (JD)

Age: 16 years and up

| Code | Day | Date | Time | M/RNM/NRNM Fee |
|-----------|-----|-----------------|-----------------|-------------------|
| 311410-01 | Sun | Jan 7 - Feb 11 | 8:55 - 9:55 am | \$132/\$165/\$172 |
| 311410-03 | Thu | Jan 11 - Feb 15 | 9:30 - 10:30 am | \$132/\$165/\$172 |
| 311410-02 | Sun | Feb 18 - Mar 25 | 8:55 - 9:55 am | \$132/\$165/\$172 |
| 311410-04 | Thu | Feb 22 - Mar 29 | 9:30 - 10:30 am | \$132/\$165/\$172 |

Instructor: Gordon **Location:** Fitness Center

The Buffalo Grove Fitness Center has structured its program fees to reflect membership and resident status. There are 3 fee classifications for specialty programs and classes at the Fitness Center:

- Member (M)
- Resident Nonmember (RNM)
- Nonresident Nonmember (NRNM)

For more information about programs at the Buffalo Grove Fitness Center, please contact Jodi Di Tomasso at 847.353.7517.

Group Pilates Training

Group Pilates Training classes allow the participant to explore all the benefits of reformer training in a small group setting. (JD)

Age: 16 years and up

| Code | Day | Date | Time | M/RNM/NRNM Fee |
|-----------|-----|-----------------|----------|-------------------|
| 311411-01 | Tue | Jan 9 - Feb 13 | 7 - 8 pm | \$132/\$165/\$172 |
| 311411-02 | Tue | Feb 20 - Mar 27 | 7 - 8 pm | \$132/\$165/\$172 |

Instructor: Wunderle **Location:** Fitness Center

311411-09 Sat Jan 13 - Feb 17 9 - 10 am \$132/\$165/\$172

311411-10 Sat Feb 24 - Mar 31 9 - 10 am \$132/\$165/\$172

Instructor: Waddle **Location:** Fitness Center

Reformer With Circle/Props

This class focuses the Pilates training on the reformer, utilizing various props to enhance and challenge the exerciser. (JD)

Age: 16 years and up

| Code | Day | Date | Time | M/RNM/NRNM Fee |
|-----------|-----|-----------------|----------------|-------------------|
| 311412-09 | Thu | Jan 11 - Feb 15 | 6:30 - 7:30 pm | \$132/\$165/\$172 |
| 311412-10 | Thu | Feb 22 - Mar 29 | 6:30 - 7:30 pm | \$132/\$165/\$172 |

Instructor: Wunderle **Location:** Fitness Center

Pilates Reformer MES

The Pilates MES (Medical Exercise Specialist) class is designed for the post-rehabilitative client, recovering from musculoskeletal, cardiovascular, pulmonary and metabolic conditions. (JD)

Age: 16 years and up

| Code | Day | Date | Time | M/RNM/NRNM Fee |
|-----------|-----|-----------------|-----------------|-------------------|
| 311415-01 | Wed | Jan 10 - Feb 14 | 9:30 - 10:30 am | \$132/\$165/\$172 |
| 311415-02 | Wed | Feb 21 - Mar 28 | 9:30 - 10:30 am | \$132/\$165/\$172 |

Instructor: Wunderle **Location:** Fitness Center

Men's Hard Core Reformer

This Pilates Reformer class is for men only, with focus on core strength and flexibility. (JD)

Age: 16 years and up

| Code | Day | Date | Time | M/RNM/NRNM Fee |
|-----------|-----|-----------------|----------------|-------------------|
| 311416-01 | Wed | Jan 10 - Feb 14 | 6:30 - 7:30 pm | \$132/\$165/\$172 |
| 311416-02 | Wed | Feb 21 - Mar 28 | 6:30 - 7:30 pm | \$132/\$165/\$172 |

Instructor: Wunderle **Location:** Fitness Center

NEW Reformer Interval Training

Move from basic, to compound, to high intensity Pilates Reformer exercises, utilizing the spring board and all of the props in our state of the art Pilates Reformer studio. Burn calories, increase performance, and strengthen your body in a cross-fit style Reformer training class. (JD)

Age: 16 years and up

| Code | Day | Date | Time | M/RNM/NRNM Fee |
|-----------|-----|-----------------|----------------|-------------------|
| 311413-09 | Mon | Jan 8 - Feb 12 | 8:55 - 9:55 am | \$132/\$165/\$172 |
| 311413-10 | Mon | Feb 19 - Mar 26 | 8:55 - 9:55 am | \$132/\$165/\$172 |

Instructor: Wendland

Location: Fitness Center

PiYo

PiYo is a fusion workout based on the principals of Yoga and Pilates. It is a low impact, yet high energy workout that will improve your balance, strength and flexibility, as well as burn calories, promote weight loss and visibly improve muscle tone with regular practice. PiYo is a wonderfully dynamic and endlessly variable workout that is suitable for all fitness levels. You can bring your own Yoga mat to help create a more stable footing during the workout. (AC)

Age: 16 years and up

| Code | Day | Date | Time | R/NR Fee |
|-----------|-----|-----------------|----------------|-----------|
| 311755-01 | Wed | Jan 10 - Feb 7 | 6:25 - 6:55 pm | \$36/\$45 |
| 311755-02 | Wed | Feb 14 - Mar 21 | 6:25 - 6:55 pm | \$43/\$54 |

Instructor: Fugate

Location: Alcott Center

Tai Chi Chung

Tai Chi is a Chinese exercise for people of all ages intended to promote better health and prevent sickness. Practicing on a daily basis strengthens the immune system, improves overall health and maintains the body's natural balance. Tai Chi Chung consists of slow, flowing and relaxed movements practiced without force or power. Breathing matched in time to the movements is the key to gaining the full benefits of this form. Learning this form will help release tension, improve circulation, increase flexibility and develop muscle tone. All beginning and continuing classes meet at the same time. (AC)

Age: 18 years and up

| Code | Day | Date | Time | R/NR Fee |
|-----------|-----|-----------------|----------|-----------|
| 311734-01 | Wed | Jan 10 - Feb 7 | 7 - 8 pm | \$63/\$78 |
| 311734-02 | Wed | Feb 14 - Mar 21 | 7 - 8 pm | \$75/\$94 |

Instructor: Fugate

Location: Alcott Center



Chair Yoga S

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. (AC)

Age: 16 years and up

| Code | Day | Date | Time | R/NR Fee |
|-----------|-----|-----------------|-----------------|-----------|
| 311748-01 | Mon | Jan 8 - Jan 29 | 4:30 - 5:30 pm | \$36/\$45 |
| 311748-02 | Tue | Jan 9 - Jan 30 | 9:30 - 10:30 am | \$36/\$45 |
| 311748-04 | Mon | Feb 12 - Mar 12 | 4:30 - 5:30 pm | \$45/\$56 |
| 311748-05 | Tue | Feb 13 - Mar 13 | 9:30 - 10:30 am | \$45/\$56 |

Instructor: Nahar, ERYT

Location: Alcott Center

Yin Yoga

Yin practice targets one's joints, ligaments and bones. It is a practice to open up, stretch, relax, restore, and let go. Discover your stillness in motion, and equilibrium in emotion through this practice. Poses will be held longer. (AC)

Age: 16 years and up

| Code | Day | Date | Time | R/NR Fee |
|-----------|-----|-----------------|----------------|-----------|
| 311758-01 | Wed | Jan 10 - Jan 31 | 6:30 - 7:30 pm | \$48/\$60 |
| 311758-02 | Wed | Feb 14 - Mar 14 | 6:30 - 7:30 pm | \$60/\$75 |

Instructor: Nahar, ERYT

Location: Alcott Center

Hatha Yoga S

Our winter session includes restorative and Yin Yoga, along with emphasis on balance, breath and mindfulness. Hatha yoga in the Himalayan tradition is a gentle and meditative approach. In yoga, we all work at our own capacity; so, all levels are welcome. You may bring a sticky mat or use the ones provided, and dress for comfortable movement. **No class on February 4.** (AC)

Age: 16 years and up

| Code | Day | Date | Time | R/NR Fee |
|-----------|-----|-----------------|--------------|-------------|
| 311737-01 | Sun | Jan 14 - Mar 25 | 9 - 10:15 am | \$110/\$138 |

Instructor: Chamberlain, CYT

Location: Alcott Center

Vinyasa Yoga S

In this fluid yoga class you will seamlessly move from one pose to another. You'll improve your core strength, balance, flexibility, mind-body connection, quality of breath, and through all of those you will improve the quality of your life. You will feel refreshed, re-energized and rejuvenated. (AC)

Age: 16 years and up

| Code | Day | Date | Time | R/NR Fee |
|-----------|-----|-----------------|----------|-----------|
| 311759-01 | Mon | Jan 8 - Jan 29 | 6 - 7 pm | \$48/\$60 |
| 311759-02 | Mon | Feb 12 - Mar 12 | 6 - 7 pm | \$60/\$75 |

Instructor: Nahar, ERYT

Location: Alcott Center

S Indicates there is a senior discount available.

NEW **Yoga Meditation Workshops**

Engage your mind and body in a 4-week series of guided meditations. Meditation is proven to reduce stress and anxiety, heal the body of illness, improve sleep, lower blood pressure, enhance overall health, and discover your inner peace. (JD)

Age: 16 years and up

| Code | Day | Date | Time | M/RNM/NRNM Fee |
|-----------|-----|----------------|---------------|------------------|
| 311420-01 | Sun | Feb 4 - Feb 25 | 11 am - 12 pm | \$80/\$100/\$125 |

Instructor: Kosanovich **Location:** Fitness Center

Stand Up Paddle Board Yoga

Shake up your fitness routine with this fun, yet challenging class centered on building strength and balance. Your core stabilizing muscles will constantly be engaged and challenged as you build your practice on the board. No previous paddle board experience is needed. This is taught in a 5ft maximum depth pool.

Please note: There is a \$25 drop-in option to join a class, with 24-hour advanced registration required in-person at the Fitness Center. (JD)

Age: 16 years and up

| Code | Day | Date | Time | M/RNM/NRNM Fee |
|-----------|-----|-----------------|----------|------------------|
| 311414-01 | Fri | Feb 23 - Mar 16 | 5 - 6 pm | \$80/\$100/\$120 |

Instructor: Isacovici **Location:** Fitness Center

Master Swim

If you love to swim laps and are looking for a challenge, or to swim train for a triathlon, this is the class for you. You will meet weekly with a certified USAT swim coach for 1,500 - 24,000 yard swim. Each master swim workout is designed to strengthen your endurance in the water, enhance stroke proficiency and overall performance. This is a multi-level group; however, all participants must be able to perform a 450 yard free-style swim without rest prior to registration. (JD)

Age: 16 years and up

| Code | Day | Date | Time | M/RNM/NRNM Fee |
|-----------|-----|----------------|----------------|-------------------|
| 311445-01 | Mon | Jan 8 - Mar 19 | 7:30 - 8:30 pm | \$110/\$132/\$143 |

Instructor: Bentsen **Location:** Fitness Center

NEW **Performance Cycle**

This is a pre-season cyclist training program in our video cycle studio. Each participant will be assigned a Schwinn Carbon Blue Computerized bike to measure watts, heart rate, RPMs and MPH. You will be working on base endurance, strength, heart rate, intervals and threshold training. Each participant will receive a session training plan beginning and ending with threshold testing. (JD)

Age: 16 years and up

| Code | Day | Date | Time | M/RNM/NRNM Fee |
|-----------|-----|-----------------|--------------|-------------------|
| 313514-01 | Sun | Jan 14 - Mar 18 | 9:45 - 11 am | \$125/\$163/\$171 |

Instructor: Hamilton, Malin, Bentsen **Location:** Fitness Center

NEW **Triathlon Multi Sport Training**

This program is off-season multi-sport training for triathletes. Master the 3 disciplines of triathlons, brick training and transitions. (JD)

Age: 16 years and up

| Code | Day | Date | Time | M/RNM/NRNM Fee |
|-----------|-----|----------------|-------------|-------------------|
| 311451-01 | Sat | Jan 6 - Mar 17 | 7 - 8:30 am | \$165/\$206/\$215 |

Instructor: Bentsen **Location:** Fitness Center

Warm Water Arthritis

Level 1

Taking place in our warm water therapy pool, Arthritis Foundation certified trainers will lead you through a series of exercises that can help relieve pain and stiffness caused by arthritis. These classes are also great for Fibromyalgia and pain management. (JD)

Age: 18 years and up

| Code | Day | Date | Time | M/RNM/NRNM Fee |
|-----------|-----|----------------|---------------|------------------|
| 311430-02 | Tue | Jan 2 - Mar 27 | 10 - 10:45 am | \$70/\$119/\$127 |

Instructor: Murtha **Location:** Fitness Center

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|-----------|-----|----------------|---------------|------------------|
| 311430-04 | Thu | Jan 4 - Mar 29 | 10 - 10:45 am | \$70/\$119/\$127 |
|-----------|-----|----------------|---------------|------------------|

Instructor: Gunby **Location:** Fitness Center

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|-----------|-----|----------------|----------------|------------------|
| 311430-01 | Mon | Jan 8 - Mar 26 | 5:30 - 6:15 pm | \$65/\$110/\$117 |
|-----------|-----|----------------|----------------|------------------|

Instructor: Carr **Location:** Fitness Center

Level 2

Improve your fitness level with choreography and equipment. This class is more challenging than Level 1. Exercises increase range of motion and improve flexibility in the warm water therapy pool. (JD)

| Code | Day | Date | Time | M/RNM/NRNM Fee |
|-----------|-----|----------------|------------------|------------------|
| 311431-02 | Thu | Jan 4 - Mar 29 | 10:50 - 11:35 am | \$70/\$119/\$127 |

| | | | | |
|-----------|-----|----------------|---------------|------------------|
| 311431-01 | Mon | Jan 8 - Mar 26 | 10:15 - 11 am | \$65/\$110/\$117 |
|-----------|-----|----------------|---------------|------------------|

Instructor: Gunby **Location:** Fitness Center

Heart Strong

Heart Strong classes are designed for individuals with limitations and concerns regarding their health. Regular physical activity and structured exercise helps to prevent the decline of muscle loss, strength, balance and cardiovascular endurance. Our certified personal trainers provide and closely monitor exercises based on each participant needs with emphasis on proper form and encouragement. \$18 per month for members, \$69 per month for nonmembers for unlimited classes. Classes meet Monday through Friday from 10 - 11 am at the Buffalo Grove Fitness Center. Call Jodi DiTomasso at 847.353.7517 to get started today.

Teen Fitness Orientation

Students 13 - 15 years old can become full members of the Fitness Center by completing our Teen Fitness Orientation. This 1-hour session, led by one of our personal trainers or fitness specialists, will include a tour of our facility, a fitness equipment orientation, and an overview of our facility rules and etiquette. Once completed, participants will be eligible for one of our student pass options.

Fee: \$50

Registration for Fitness Center classes opens on December 4.




FITNESS CENTER
At the Buffalo Grove Park District

601 West Deerfield Parkway • Buffalo Grove, IL 60089
(located in Mike Rylko Community Park)
847.353.7500 • bgfitness.org

Club Features

Experience the best in fitness!

- » 80,000 sq ft state of the art facility
- » Over 125 top of the line cardiovascular machines
- » 3 large separate areas for free weights, 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
- » Women's Workout Room
- » Over 100 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
- » Grab N' Go Café

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Fitness Center Hours

| | |
|-------------------|--------------|
| Monday - Thursday | 5 am - 10 pm |
| Friday | 5 am - 9 pm |
| Saturday & Sunday | 6 am - 7 pm |

Holiday Hours

| | |
|----------------|-------------|
| Christmas Eve | 6 am - 2 pm |
| Christmas Day | Closed |
| New Year's Eve | 6 am - 2 pm |
| New Year's Day | 6 am - 2 pm |

Membership Office Hours

| | |
|-------------------|-------------|
| Monday - Thursday | 9 am - 8 pm |
| Friday - Sunday | 9 am - 5 pm |

847.353.7551 • bgfitness.org



Membership

Join the Fitness Center at the Buffalo Grove Park District to experience the best in fitness. All new members receive a complimentary fitness assessment and equipment orientation, a free gift to help jumpstart their fitness routine 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.

Want the Fitness Center experience without the commitment? Try these flexible options that allow full access.



This pass allows one daily entry to our full-service facility for \$15.



This pass offers the most flexibility if you can't commit to a monthly membership. Purchase 10 visits for \$150 and get 2 visits free, plus there's no expiration and it can be used at any time.



LIVE PAIN FREE

Our rehabilitation services keep patients moving forward, so they can return to day-to-day work and recreational activities and remain at their optimal health without further risk of injury.

Request your free injury screen* at Buffalo Grove North today!

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601 Deerfield Parkway
Buffalo Grove Fitness Center
847-215-0022
BuffaloGroveNorth@athletico.com

