

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. **No class on April 14.** (AC)

Age: 18 years and up

Code	Day	Date	Time	R/NR Fee
411713-01	Fri	Apr 7 - May 19	11:15 am - 12 pm	\$36/\$45

Instructor: Nelson Location: Alcott Center

Forever Fit S

Have you been talking about getting in shape, but for whatever reason not taken that first step? If you need a class to get started on a fitness regimen, we have developed one that is perfect for seniors, or people that have never exercised before, that will improve your quality of life. This program will combine cardio, flexibility and balance training, as well as muscle strength to perform daily activities with more vigor. Come join our co-ed, non-intimidating class. (AC)

Age: 18 years and up

Code	Day	Date	Time	R/NR Fee
411712-01	Tue	Apr 4 - May 23	9:45 - 10:30 am	\$32/\$40
411712-02	Thu	Apr 6 - May 25	9:45 - 10:30 am	\$32/\$40

Instructor: Barnett 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. **No class on April 14.** (AC)

Age: 16 years and up

Code	Day	Date	Time	R/NR Fee
411756-01	Wed	Apr 5 - May 24	9 - 10 am	\$40/\$50
411756-02	Fri	Apr 7 - May 19	8:30 - 9:30 am	\$30/\$38

Instructor: Nelson Location: Emmerich Park

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
411710-01	Mon	Apr 3 - May 22	8:30 - 9:30 am	\$40/\$50

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
411732-01	Mon	Apr 3 - May 22	7 - 8 pm	\$40/\$50
411732-03	Sat	Apr 8 - May 20	8:45 - 9:45 am	\$35/\$44

Instructor: Nelson Location: Emmerich Park

Instructor: Bauer Location: Emmerich Park

Muscle Fit S

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
411723-01	Tue	Apr 4 - May 23	8:30 - 9:30 am	\$40/\$50
411723-02	Thu	Apr 6 - May 25	8:30 - 9:30 am	\$40/\$50
411723-03	Wed	Apr 5 - May 24	7:30 - 8:30 pm	\$40/\$50

Instructor: Barnett Location: Emmerich Park

Instructor: Nelson Location: Emmerich Park



Boot Camp Circuits & Tabata Training

This trainer led total body workout will be divided into several modules. Part of the class will consist of boot camp style drills and circuits. Here, you may work together as one large group, or be divided into 2 or more smaller groups using a variety of equipment. The rest of the class will consist of tabata style training, which is a high intensity interval training method that consists of doing an exercise for 20 seconds at your maximum effort followed by 10 seconds of rest and then repeated for 8 rounds for a total of 4 minutes. This format helps to improve both aerobic and anaerobic endurance. Everyone will work at their own pace and fitness level. (AC)

Age: 18 years and up

Code	Day	Date	Time	R/NR Fee
411757-01	Mon	Apr 3 - May 22	8:15 - 9:15 pm	\$64/\$80

Instructor: Nelson

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
411751-01	Wed	Apr 5 - May 24	5:50 - 6:20 pm	\$56/\$70

Instructor: Fugate

Location: Alcott Center

Personal Training

Personal training is now available! The personal trainer will help you with your exercise regimen, customizing your workouts to meet your specific needs. You will also be provided the tools and exercises needed to help you accomplish your health and fitness goals, whether to lose weight, gain strength, improve flexibility or just have the ability to do everyday activities with more ease. Fitness assessments will be performed and health history forms will be filled out to provide the best workout for you. Individual and package training sessions are available for your convenience. Registration must be done in person. **Please note:** Online registration is not available for this class. (AC)

Age: 18 years and up

Code	Sessions	Day/Time	R/NR Fee
411725-01	1	By Appointment	\$60/\$70
411725-02	3	By Appointment	\$180/\$240
411725-03	5	By Appointment	\$300/\$350

Instructor: Nelson

Location: Emmerich Park

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
411702-01	Wed	Apr 5 - May 24	9:30 - 10:15 am	\$40/\$50

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! **No class on April 16.** (AC)

Age: 16 years and up

Code	Day	Date	Time	R/NR Fee
411738-01	Tue	Apr 4 - May 23	7 - 8 pm	\$77/\$96
411738-04	Wed	Apr 5 - May 24	10:30 - 11:15 am	\$66/\$82
411738-02	Thu	Apr 6 - May 25	7:05 - 8:05 pm	\$77/\$96
411738-03	Sun	Apr 9 - May 21	9 - 10 am	\$57/\$71

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
411703-01	Thu	Apr 6 - May 25	6:15 - 7 pm	\$77/\$96

Instructor: Sotelo

Location: Emmerich Park

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. **No class on May 29.** (JD)

Age: 18 years and up

Code	Day	Date	Time	M/NM Fee
411430-01	Mon	Apr 3 - June 19	5:30 - 6:15 pm	\$63/\$115
411430-02	Tue	Apr 4 - June 20	10 - 10:45 am	\$69/\$125
411430-03	Wed	Apr 5 - June 21	5:45 - 6:30 pm	\$69/\$125
411430-04	Thu	Apr 6 - June 22	10 - 10:45 am	\$69/\$125

Instructor: Staff

Location: Buffalo Grove 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. **No class on May 29.** (JD)

Code	Day	Date	Time	M/NM Fee
411431-01	Mon	Apr 3 - June 19	10:15 - 11 am	\$63/\$115
411431-02	Thu	Apr 6 - June 22	10:50 - 11:35 am	\$69/\$125

Instructor: Staff

Location: Buffalo Grove Fitness 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
411734-01	Wed	Apr 5 - May 24	7 - 8 pm	\$100/\$125

Instructor: Fugate

Location: Alcott 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. **No class on April 14.** (AC)

Age: 16 years and up

Code	Day	Date	Time	R/NR Fee
411701-01	Fri	Apr 7 - May 19	9:45 - 10:45 am	\$42/\$53

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. The benefits are many. It focuses on strengthening the powerhouse or 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
411721-01	Mon	Apr 3 - May 22	9:45 - 10:45 am	\$56/\$70

Instructor: Nelson

Location: Emmerich Park

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
411755-01	Wed	Apr 5 - May 24	6:25 - 6:55 pm	\$56/\$70

Instructor: Fugate

Location: Alcott Center

Vinyasa Yoga

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. Drop your child off at chess class, and take Vinyasa Yoga just down the hall. **No class on April 10.** (AC)

Age: 16 years and up

Code	Day	Date	Time	R/NR Fee
411759-01	Mon	Apr 3 - May 22	6 - 7 pm	\$84/\$105

Instructor: Nahar, ERYT

Location: Alcott Center

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

Hatha Yoga S

In spring yoga, we explore the 7 energy centers. Gentle movement, breath work and mindfulness help you relax and reduce stress. We work to our own capacity; so, all levels are welcome. Dress in comfortable clothes that allow movement; and, bring a sticky mat or use flat mats provided. **No class on April 16 and May 14.** (AC)

Age: 16 years and up

Code	Day	Date	Time	R/NR Fee
411737-01	Sun	Apr 9 - May 21	9 - 10:15 am	\$55/\$69

Instructor: Chamberlain, CYT 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. **No class on April 10.** (AC)

Age: 16 years and up

Code	Day	Date	Time	R/NR Fee
411748-01	Mon	Apr 3 - May 22	4:30 - 5:30 pm	\$63/\$79
411748-02	Tue	Apr 4 - May 23	9:30 - 10:30 am	\$72/\$90

Instructor: Nahar, ERYT Location: Alcott Center



FRIENDS OF THE PARKS FOUNDATION

The Friends of the Parks Foundation is a charitable organization that supports Buffalo Grove Park District programs and events throughout the year. The Friends of the Parks Foundation sponsors events such as National Night Out, Camping Under the Stars, Battle of the Bands, and the Disc Golf Tournament. They also host events like the Senior Expo and the Buffalo Grove Stampede 5K/10K Race, which takes place during the weekend of Buffalo Grove Days.





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*Federal beneficiaries not eligible.



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

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

Fitness Center Hours

Monday - Thursday	5 am - 10 pm
Friday	5 am - 9 pm
Saturday & Sunday	6 am - 7 pm
Holiday Hours	
Easter	6 am - 2 pm
Memorial Day	6 am - 2 pm

Membership Office Hours

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

847.353.7500 • bgfitness.org

Membership

Join the Buffalo Grove Fitness Center 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.

Pilates Equipment Training

Training in our Pilates equipment studio 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.

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/NM Fee
411411-01	Tue	Apr 4 - May 9	7 - 8 pm	\$147/\$183
411411-03	Wed	Apr 5 - May 10	7:30 - 8:30 pm	\$147/\$183
411411-07	Fri	Apr 7 - May 12	10 - 11 am	\$147/\$183
411411-09	Sat	Apr 8 - May 13	9 - 10 am	\$147/\$183
411411-02	Tue	May 16 - June 20	7 - 8 pm	\$147/\$183
411411-04	Wed	May 17 - June 21	7:30 - 8:30 pm	\$147/\$183
411411-08	Fri	May 19 - June 23	10 - 11 am	\$147/\$183
411411-10	Sat	May 20 - June 24	9 - 10 am	\$147/\$183

Instructor: Staff

Location: Buffalo Grove Fitness Center

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. **No class on April 16.** (JD)

Age: 16 years and up

Code	Day	Date	Time	M/NM Fee
411410-01	Sun	Apr 2 - May 17	10:30 - 11:30 am	\$147/\$183
411410-03	Thu	Apr 6 - May 11	9:30 - 10:30 am	\$147/\$183
411410-02	Sun	May 14 - June 18	10:30 - 11:30 am	\$147/\$183
411410-04	Thu	May 18 - June 22	9:30 - 10:30 am	\$147/\$183

Instructor: Staff

Location: Buffalo Grove 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/NM Fee
411412-09	Thu	Apr 6 - May 11	6:30 - 7:30 pm	\$147/\$183
411412-10	Thu	May 18 - June 22	6:30 - 7:30 pm	\$147/\$183

Instructor: Staff

Location: Buffalo Grove Fitness Center

NEW Reformer Core Performance

This is a Pilates Reformer class for the young sport/dance performer, looking to strengthen core for the ultimate competitive edge, growth and safety. (JD)

Age: 13 - 17 years

Code	Day	Date	Time	M/NM Fee
411413-01	Thu	Apr 6 - May 11	5 - 6 pm	\$147/\$183
411413-02	Thu	May 18 - June 22	5 - 6 pm	\$147/\$183

Instructor: Staff

Location: Buffalo Grove Fitness Center

NEW Pilates MES

This Pilates Medical Exercise Specialist reformer class is designed for post-rehabilitative clients, recovering from a variety of medical conditions, including cardiovascular, pulmonary, metabolic and musculoskeletal conditions; identifying postural imbalances; and, implementing programs that train the body to overcome, and in many instances, prevent conditions from occurring. (JD)

Age: 16 years and up

Code	Day	Date	Time	M/NM Fee
411415-01	Wed	Apr 5 - May 10	9:30 - 10:30 am	\$147/\$183
411415-02	Wed	May 17 - June 21	9:30 - 10:30 am	\$147/\$183

Instructor: Staff

Location: Buffalo Grove Fitness Center

Master Swim

Join our facility swim team where you can either begin to master the skills and drills of swimming or train to a master level. This is a 1500 to 2400 meter swim workout lead by our swim certified personal trainers. Participants must be able to complete a 450 meter freestyle swim without rest to participate. **No class on May 29.** (JD)

Age: 16 years and up

Code	Day	Date	Time	M/NM Fee
411445-01	Mon	Apr 3 - June 19	7:30 - 8:30 pm	\$118/\$146

Instructor: Staff

Location: Buffalo Grove Fitness Center

Triathlon Multi-Sport Training

Triathlon training is not just for the triathletes of today or future triathletes, but for anyone looking to mix up their routine. Here, you have the opportunity to focus in on 3 different disciplines - swim, bike and run. Our professional team of triathlete personal trainers will get you there through specific drills in strength, endurance and interval conditioning. Join for the fun, get serious results! (JD)

Age: 16 years and up

Code	Day	Date	Time	M/NM Fee
411451-01	Sat	Apr 8 - May 27	7 - 8:30 am	\$105/\$130

Instructor: Staff

Location: Buffalo Grove Fitness Center

Registration for
Buffalo Grove Fitness
Center classes opens
on March 6.

NEW 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. (JD)

Age: 16 years and up

Code	Day	Date	Time	M/NM Fee
411515-01	Fri	Apr 7 - May 12	5 - 6 pm	\$105/\$140
411515-02	Sat	Apr 8 - May 13	12:30 - 1:30 pm	\$105/\$140

Instructor: Staff

Location: Buffalo Grove 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 on Mondays, Wednesdays and Fridays from 10:30 - 11:30 am. Call Jodi DiTomasso at 847.353.7517 to get started today!

Junior Weight Training

This is our teen program at the Buffalo Grove Fitness Center for those 13 - 15 years old. It includes two 30-minute sessions with a certified personal trainer, designed to educate potential teen members in safety, injury prevention, fitness club etiquette, and a beginning workout routine. The fee is \$50; and, full membership options are available upon completion. For more information, please contact Jodi DiTomasso at 847.353.7517.



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OPTIONAL ONLINE CHALLENGE

For more information, go to bgfitness.org.