

Fitness & Wellness

Sit & Be Fit

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
111713-03	Mon	June 4 - July 9	11:15 am - 12 pm	\$36/\$45
111713-01	Fri	June 8 - July 13	11:15 am - 12 pm	\$36/\$45
111713-04	Mon	July 16 - Aug 20	11:15 am - 12 pm	\$36/\$45
111713-02	Fri	July 20 - Aug 24	11:15 am - 12 pm	\$36/\$45

Instructor: Nelson

Location: Alcott Center

Forever Fit

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
111712-01	Tue	June 5 - Aug 21	9:45 - 10:30 am	\$60/\$75
111712-02	Thu	June 7 - Aug 23	9:45 - 10:30 am	\$60/\$75

Instructor: Staff

Location: Emmerich Park

Cardio Fusion

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 July 4.** (AC)

Age: 16 years and up

Code	Day	Date	Time	R/NR Fee
111756-01	Wed	June 6 - Aug 22	9 - 10 am	\$66/\$83
111756-02	Fri	June 8 - Aug 24	8:30 - 9:30 am	\$72/\$90

Instructor: Nelson

Location: Emmerich Park

Drum Yourself Fit

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
111710-01	Mon	June 4 - Aug 20	8:30 - 9:30 am	\$72/\$90

Instructor: Nelson

Location: Emmerich Park

Step 'N Strength

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
111732-04	Sat	June 2 - Aug 25	8 - 9 am	\$78/\$97

Instructor: Olsen

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. **No class on July 4.** (AC)

Age: 16 years and up

Code	Day	Date	Time	R/NR Fee
111723-01	Tue	June 5 - Aug 21	8:30 - 9:30 am	\$72/\$90
111723-02	Thu	June 7 - Aug 23	8:30 - 9:30 am	\$72/\$90
111723-03	Wed	June 6 - Aug 22	6:30 - 7:30 pm	\$66/\$83

Instructor: Staff

Location: Emmerich Park

 Indicates there is a senior discount available.

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

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. **No class on July 4.** (AC)

Age: 18 years and up

Code	Day	Date	Time	R/NR Fee
111702-01	Wed	June 6 - Aug 22	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
111738-03	Sun	June 3 - Aug 26	9 - 10 am	\$124/\$155
111738-02	Thu	June 7 - Aug 23	7:05 - 8:05 pm	\$115/\$143

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 1/2 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
111703-01	Thu	June 7 - Aug 23	6:15 - 7 pm	\$115/\$143

Instructor: Sotelo 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. **No class on July 4 and August 16.** (AC)

Age: 18 years and up

Code	Day	Date	Time	R/NR Fee
111751-01	Wed	June 6 - July 11	5:50 - 6:20 pm	\$36/\$45
111751-02	Wed	July 18 - Aug 22	5:50 - 6:20 pm	\$36/\$45

Instructor: Fugate Location: Alcott Center

Beach Body Ready NEW

Let us teach you how to get beach body ready! This is a program specifically designed to boost your metabolism, burn calories, melt fat, create lean muscle, and ultimately lose weight. Our personal trainers lead you in achieving your individual goals. Research shows training in smaller groups gives you bigger results. (JD)

Age: 16 years and up

Code	Day	Date	Time	M/RNM/NRNM Fee
111435-01	Tue	June 19 - Aug 21	6:30 - 7:30 pm	\$120/\$156/\$164
111435-02	Thu	June 21 - Aug 23	6:30 - 7:30 pm	\$120/\$156/\$164

Instructor: Saper Location: Fitness Center

Ball Pilates S

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: 16 years and up

Code	Day	Date	Time	R/NR Fee
111701-01	Fri	June 8 - Aug 24	9:45 - 10:45 am	\$96/\$120

Instructor: Nelson Location: Emmerich Park

S Indicates there is a senior discount available.

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
111721-01	Mon	June 4 - Aug 20	9:45 - 10:45 am	\$96/\$120

Instructor: Nelson Location: Emmerich Park

Pilates Reformer Training

Training in our Pilates equipment studio at the 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. **No class on September 2.** (JD)

Age: 16 years and up

Code	Day	Date	Time	M/RNM/NRNM Fee
111410-01	Sun	June 17 - July 22	9:30 - 10:30 am	\$132/\$165/\$172
111410-03	Thu	June 21 - July 26	10:35 - 11:35 am	\$132/\$165/\$172
111410-05	Fri	June 22 - July 27	10:30 - 11:35 am	\$132/\$165/\$172
111410-02	Sun	July 29 - Aug 26	9:30 - 10:30 am	\$110/\$143/\$149
111410-04	Thu	Aug 2 - Sept 6	10:35 - 11:35 am	\$132/\$165/\$172
111410-06	Fri	Aug 3 - Sept 7	10:30 - 11:35 am	\$132/\$165/\$172

Instructor: Gordon 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. **No class on September 2 and 3.** (JD)

Age: 16 years and up

Code	Day	Date	Time	M/RNM/NRNM Fee
111411-01	Sun	June 17 - July 22	8:30 - 9:30 am	\$132/\$165/\$172
111411-03	Mon	June 18 - July 23	9 - 10 am	\$132/\$165/\$172
111411-05	Mon	June 18 - July 23	7:30 - 8:30 pm	\$132/\$165/\$172
111411-07	Tue	June 19 - July 24	5:15 - 6:15 pm	\$132/\$165/\$172
111411-09	Tue	June 19 - July 24	7 - 8 pm	\$132/\$165/\$172
111411-11	Thu	June 21 - July 26	9:30 - 10:30 am	\$132/\$165/\$172
111411-13	Sat	June 23 - July 28	9 - 10 am	\$132/\$165/\$172
111411-02	Sun	July 29 - Aug 26	8:30 - 9:30 am	\$110/\$143/\$149
111411-04	Mon	July 30 - Aug 27	9 - 10 am	\$110/\$143/\$149
111411-06	Mon	July 30 - Aug 27	7:30 - 8:30 pm	\$110/\$143/\$149
111411-08	Tue	July 31 - Sept 4	5:15 - 6:15 pm	\$132/\$165/\$172
111411-10	Tue	July 31 - Sept 4	7 - 8 pm	\$132/\$165/\$172
111411-12	Thu	Aug 2 - Sept 6	9:30 - 10:30 am	\$132/\$165/\$172
111411-14	Sat	Aug 4 - Sept 8	9 - 10 am	\$132/\$165/\$172

Instructor: Staff 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
111412-09	Thu	June 21 - July 26	6:30 - 7:30 pm	\$132/\$165/\$172
111412-10	Thu	Aug 2 - Sept 6	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. **No class on July 4.** (JD)

Age: 16 years and up

Code	Day	Date	Time	M/RNM/NRNM Fee
111415-01	Wed	June 20 - July 25	9:30 - 10:30 am	\$110/\$143/\$149
111415-02	Wed	Aug 1 - Sept 5	9:30 - 10:30 am	\$132/\$165/\$172

Instructor: Wunderle Location: Fitness Center




FITNESS CENTER
At the Buffalo Grove Park District

The 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 Fitness Center, please contact Jodi Di Tomasso at 847.353.7517.

 Indicates there is a senior discount available.

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. **No class on July 4 and August 16.** (AC)

Age: 16 years and up

Code	Day	Date	Time	R/NR Fee
111755-01	Wed	June 6 - July 11	6:25 - 6:55 pm	\$36/\$45
111755-02	Wed	July 18 - Aug 22	6:25 - 6:55 pm	\$36/\$45

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. **No class on July 4 and August 16.** (AC)

Age: 18 years and up

Code	Day	Date	Time	R/NR Fee
111734-01	Wed	June 6 - July 11	7 - 8 pm	\$63/\$78
111734-02	Wed	July 18 - Aug 22	7 - 8 pm	\$63/\$78

Instructor: Fugate

Location: Alcott Center

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. (AC)

Age: 16 years and up

Code	Day	Date	Time	R/NR Fee
111748-01	Mon	June 4 - July 2	4:30 - 5:30 pm	\$45/\$56
111748-02	Tue	June 5 - July 3	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
111758-01	Wed	June 6 - June 27	6:30 - 7:30 pm	\$48/\$60

Instructor: Nahar, ERYT

Location: Alcott Center

Hatha Yoga 

Here comes the sun, with lots of Hatha Yoga flowing movements to free the spine and let the energy flow. We work to our own capacity; so, all levels are welcome. Wear comfortable clothes that allow movement; bring a sticky mat or use flat mats provided. (AC)

Age: 16 years and up

Code	Day	Date	Time	R/NR Fee
111737-01	Sun	June 24 - Aug 26	9 - 10:15 am	\$110/\$138

Instructor: Chamberlain, CYT

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. (AC)

Age: 16 years and up

Code	Day	Date	Time	R/NR Fee
111759-01	Mon	June 4 - July 2	6 - 7 pm	\$60/\$75

Instructor: Nahar, ERYT

Location: Alcott Center

The 5 Tibetan Rites Of Rejuvenation

According to legend, ancient monks found the secret of eternal youth through these 5 movements. Often used by sports teams, the Rites are a quick way to increase energy. Available to all fitness levels, we'll follow the exercises with a mindful meditation. (AC)

Age: 16 years and up

Code	Day	Date	Time	R/NR Fee
111754-01	Sun	June 3	9 - 10 am	\$10/\$13

Instructor: Chamberlain, CYT

Location: Alcott Center

Self Healing Yoga

It's all about energy - gathering it in, and storing it for our bodies to use. Let's explore the tools to assist in healing or working through chronic pain, including breath work, movements that work deeply into the muscles and bones, and a healing meditation. (AC)

Age: 16 years and up

Code	Day	Date	Time	R/NR Fee
111753-01	Sun	June 10	9 - 10 am	\$10/\$13

Instructor: Chamberlain, CYT

Location: Alcott Center

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, and enhance overall health. Discover your inner peace. (JD)

Age: 16 years and up

Code	Day	Date	Time	M/RNM/NRNM Fee
111420-01	Sun	July 15 - Aug 5	11:30 am - 12:30 pm	\$60/\$75/\$81

Instructor: Kosanovich

Location: Fitness Center

Sunrise Yoga In The Park

This program is for the entire family. Please bring your yoga mat or a beach towel, or a sturdy chair if you would like to do yoga seated on or standing by a chair. Doing yoga stretches in fresh air with the rising sun is tremendously beneficial for one's body, mind and spirit. Why not start your day on a healthy note? This class meets rain or shine at the Dan Schimmel Pavilion. Pre-registration is required. (AC)

Age: 10 years and up

Code	Day	Date	Time	Fee
11175001	Fri	June 1 - June 29	6 - 7 am	Free

Instructor: Nahar, ERYT Location: Willow Stream Park

Self Defense Workshop

Master Trainer, Kirk Herrig, has years of experience teaching, and has dedicated his life to the martial arts and fighting systems. Learn his no-nonsense, practical streetwise self-defense system. Discover the benefit of firsthand experience of what it is like to really hit and kick an attacker, and do it safely. Walk away with new skills, confidence and practical experience of full force training against a single, unarmed attacker. (JD)

Age: 16 years and up

Code	Day	Date	Time	M/RNM/NRNM Fee
11146501	Sun	June 24	4 - 6 pm	\$35/\$43/\$47

Instructor: Herrig 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. **No class on August 13, 14, 16, 20, 21, 23 and September 3.** (JD)

Age: 18 years and up

Code	Day	Date	Time	M/RNM/NRNM Fee
11143001	Mon	June 18 - Sept 10	5:30 - 6:15 pm	\$53/\$98/\$104

Instructor: Carr Location: Fitness Center

11143002	Tue	June 19 - Sept 11	10 - 10:45 am	\$58/\$107/\$113
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Instructor: Murtha Location: Fitness Center

11143004	Thu	June 21 - Sept 13	10 - 10:45 am	\$58/\$107/\$113
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Instructor: Gunby 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. **No class on August 13, 16, 20, 23 and September 3.** (JD)

Code	Day	Date	Time	M/RNM/NRNM Fee
11143101	Mon	June 18 - Sept 10	10:15 - 11 am	\$53/\$98/\$104

11143102	Thu	June 21 - Sept 13	10:50 - 11:35 am	\$58/\$107/\$113
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Instructor: Gunby 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 a 2,000-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 freestyle swim without rest prior to registration. (JD)

Age: 16 years and up

Code	Day	Date	Time	M/RNM/NRNM Fee
11144501	Mon	June 18 - Aug 6	7:30 - 8:30 pm	\$84/\$105/\$114

Instructor: Bentsen Location: Fitness Center

Foundations Of Master Swim

Join our adult swim foundation training class, designed for those looking to learn or improve their free style swimming skills. This program works on basic free style training drills, cardiovascular endurance, and strength in the water. You will progress in this program, with a goal to swim a continuous 800 or more yards. Goggles and a swim cap are required; additional equipment may be requested. (JD)

Age: 16 years and up

Code	Day	Date	Time	M/RNM/NRNM Fee
11144401	Wed	June 20 - Aug 8	7:15 - 8 pm	\$84/\$105/\$114

Instructor: Malin Location: Fitness Center

Heart Strong

Monday through Friday

10 - 11 am

Monday and Wednesday

5:30 - 6:30 pm

Regular exercise is essential for healthy heart function. Beginning an exercise program may be intimidating. Let our certified trainers take the guess work out of which kind of exercises, how to exercise safely, and how often. Heart Strong is designed for participants diagnosed with one or more of these risk factors: overweight, cardiovascular disease, physical weakness, diabetes, high blood pressure, smoker, high cholesterol, family history of heart disease, high blood glucose, sedentary lifestyle, balance problems, and extra weight around your midsection. The fee to participate is \$18 per month for members and \$69 per month for nonmember. For more information, contact Jodi DiTomasso at 847.353.7517.






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 - 8 pm
Friday 5 am - 9 pm
Saturday - Sunday 6 am - 7 pm

Holiday Hours

Memorial Day 6 am - 2 pm
Independence Day 6 am - 2 pm
Stampede on September 2 11 am - 7 pm
Labor Day 6 am - 2 pm

Membership Office Hours

Monday - Thursday 9 am - 8 pm
Friday - Sunday 9 am - 3 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 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.

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.



MAKE A SPLASH

Don't let pain prevent you from enjoying your summer.

Schedule your complimentary injury screen* today at
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Better for every body.®

Athletico Buffalo Grove North

(Park District Fitness Center)

601 Deerfield Pkwy

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