

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
111713-01	Fri	June 9 - July 14	11:15 am - 12 pm	\$36/\$45
111713-01	Fri	July 21 - Aug 25	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. **No class on July 4.** (AC)

Age: 18 years and up

Code	Day	Date	Time	R/NR Fee
111712-01	Tue	June 6 - Aug 8	9:45 - 10:30 am	\$36/\$45
111712-02	Thu	June 8 - Aug 10	9:45 - 10:30 am	\$40/\$50

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. (AC)

Age: 16 years and up

Code	Day	Date	Time	R/NR Fee
111756-01	Wed	June 7 - Aug 23	9 - 10 am	\$60/\$75
111756-02	Fri	June 9 - Aug 25	8:30 - 9:30 am	\$60/\$75

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
111710-01	Mon	June 5 - Aug 21	8:30 - 9:30 am	\$60/\$75

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
111732-04	Sat	June 3 - Aug 26	8:45 - 9:45 am	\$65/\$81
111732-01	Mon	June 5 - Aug 21	7 - 8 pm	\$60/\$75

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

Age: 16 years and up

Code	Day	Date	Time	R/NR Fee
111723-01	Tue	June 6 - Aug 8	8:30 - 9:30 am	\$45/\$56
111723-02	Thu	June 8 - Aug 10	8:30 - 9:30 am	\$50/\$63

Instructor: Barnett

Location: Emmerich Park

111723-03 Wed June 7 - Aug 23

7:30 - 8:30 pm

\$60/\$75

Instructor: Bauer

Location: Emmerich Park

S Indicates there is a senior discount available.



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
111757-01	Mon	June 5 - Aug 21	8:15 - 9:15 pm	\$96/\$120

Instructor: Bauer 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 August 9.** (AC)

Age: 18 years and up

Code	Day	Date	Time	R/NR Fee
111751-01	Wed	June 7 - July 19	5:50 - 6:20 pm	\$50/\$63
111751-02	Wed	Aug 2 - Aug 30	5:50 - 6:20 pm	\$29/\$36

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
111725-01	1	By Appointment	\$60/\$70
111725-02	3	By Appointment	\$180/\$240
111725-03	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. **No class on July 19.** (AC)

Age: 18 years and up

Code	Day	Date	Time	R/NR Fee
111702-01	Wed	June 7 - Aug 23	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! **No class on June 18, July 4, 13, 16, 18, 19, 20, and 23.** (AC)

Age: 16 years and up

Code	Day	Date	Time	R/NR Fee
111738-03	Sun	June 4 - Aug 27	9 - 10 am	\$96/\$120
111738-01	Tue	June 6 - Aug 22	7 - 8 pm	\$96/\$120
111738-02	Thu	June 8 - Aug 24	7:05 - 8:05 pm	\$96/\$120

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. **No class on July 13 and 20.** (AC)

Age: 16 years and up

Code	Day	Date	Time	R/NR Fee
111703-01	Thu	June 8 - Aug 24	6:15 - 7 pm	\$96/\$120

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. (JD)

Age: 18 years and up

Code	Day	Date	Time	M/NM Fee
111430-01	Mon	June 26 - Aug 7	5:30 - 6:15 pm	\$38/\$70
111430-02	Tue	June 27 - Aug 8	10 - 10:45 am	\$32/\$60
111430-03	Wed	June 28 - Aug 9	5:45 - 6:30 pm	\$38/\$70
111430-04	Thu	June 29 - Aug 10	10 - 10:45 am	\$38/\$70

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. (JD)

Code	Day	Date	Time	M/NM Fee
111431-01	Mon	June 26 - Aug 7	10:15 - 11 am	\$38/\$70
111431-02	Thu	June 29 - Aug 8	10:50 - 11:35 am	\$38/\$70

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. **No class on August 9.** (AC)

Age: 18 years and up

Code	Day	Date	Time	R/NR Fee
111734-01	Wed	June 7 - July 19	7 - 8 pm	\$88/\$109
111734-02	Wed	Aug 2 - Aug 30	7 - 8 pm	\$50/\$63

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. (AC)

Age: 16 years and up

Code	Day	Date	Time	R/NR Fee
111701-01	Fri	June 9 - Aug 25	9:45 - 10:45 am	\$84/\$105

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
111721-01	Mon	June 5 - Aug 21	9:45 - 10:45 am	\$84/\$105

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. **No class on August 9.** (AC)

Age: 16 years and up

Code	Day	Date	Time	R/NR Fee
111755-01	Wed	June 7 - July 19	6:25 - 6:55 pm	\$50/\$63
111755-02	Wed	Aug 2 - Aug 30	6:25 - 6:55 pm	\$29/\$36

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. (AC)

Age: 16 years and up

Code	Day	Date	Time	R/NR Fee
111759-01	Mon	June 5 - July 3	6 - 7 pm	\$60/\$75

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.

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 7 - July 5	6:30 - 7:30 pm	\$60/\$75

Instructor: Nahar, ERYT Location: Alcott Center

Hatha Yoga

In this combined beginning and intermediate Hatha yoga class, we'll explore the connections between mind, body and breath. You'll learn techniques to help you relax and reduce stress. Additional benefits include flexible joints, elongated muscles and increased energy. 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 June 18, July 2 and August 6.** (AC)

Age: 16 years and up

Code	Day	Date	Time	R/NR Fee
111737-01	Sun	June 4 - Aug 27	9 - 10:15 am	\$110/\$137

Instructor: Chamberlain, CYT 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 5 - July 3	4:30 - 5:30 pm	\$45/\$56
111748-02	Tue	June 6 - June 27	9:30 - 10:30 am	\$36/\$45

Instructor: Nahar, ERYT Location: Alcott 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
111750-01	Fri	June 2 - June 30	6 - 7 am	Free

Instructor: Nahar, ERYT Location: Willow Stream Park

International Day Of Yoga

Come join us to celebrate International Day of Yoga, as we celebrate the summer solstice. All levels of yoga practitioners and all ages are welcome. Please bring your mat, towel and a water bottle. We will practice some joints and glands exercises, sun salutations, deep stretches, relaxation, breathing and laughter. This is a free event; however, pre-registration is highly recommended. In the event of inclement weather, this class will be canceled. Check the Rainout line at 847.235.6857. **Please note:** This program will meet on the basketball court near Old Checker Road. (AC)

Age: 16 years and up

Code	Day	Date	Time	Fee
111760-01	Thu	June 22	6:30 - 7:30 pm	Free

Instructor: Nahar, ERYT Location: Willow Stream Park

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
111414-01	Fri	June 2 - June 23	5 - 6 pm	\$105/\$140
111414-02	Fri	July 7 - July 28	5 - 6 pm	\$105/\$140

Instructor: Staff Location: Buffalo Grove Fitness Center

5K/10K Training

Training for your first 5K/10K, just getting back into the distance, looking for some company and motivation? Then this is the group for you! We meet twice a week at the Buffalo Grove Fitness Center for outdoor runs, or inside when there is inclement weather. Each qualifying will receive a discount into the Buffalo Grove Park District Stampede 5K/10K race. All levels are welcome. (JD)

Age: 16 years and up

Code	Day	Date	Time	M/NM Fee
111447-01	Sun	June 18 - Aug 31	7 - 8 am	\$0/\$35
	Thu		6 - 7 pm	

Instructor: Staff Location: Buffalo Grove Fitness Center

Women's Self Defense Course

Master Trainer, Kirk Herring, has over 30 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/NM Fee
161450-01	Sun	July 9	4 - 6 pm	\$38/\$48
161450-02	Sun	Aug 6	4 - 6 pm	\$38/\$48

Instructor: Herring Location: Buffalo Grove Fitness Center

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

Age: 16 years and up

Code	Day	Date	Time	M/NM Fee
111411-01	Tue	June 27 - July 25	7 - 8 pm	\$88/\$110
111411-03	Wed	June 28 - July 26	7:30 - 8:30 pm	\$110/\$138
111411-07	Fri	June 30 - July 28	10 - 11 am	\$110/\$138
111411-09	Sat	July 1 - July 29	9 - 10 am	\$110/\$138
111411-02	Tue	Aug 1 - Aug 29	7 - 8 pm	\$110/\$138
111411-04	Wed	Aug 2 - Aug 30	7:30 - 8:30 pm	\$110/\$138
111411-08	Fri	Aug 4 - Sept 1	10 - 11 am	\$110/\$138
111411-10	Sat	Aug 5 - Sept 2	9 - 10 am	\$110/\$138

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. (JD)

Age: 16 years and up

Code	Day	Date	Time	M/NM Fee
111410-01	Sun	June 25 - July 23	10:30 - 11:30 am	\$110/\$138
111410-03	Thu	June 29 - July 27	9:30 - 10:30 am	\$110/\$138
111410-02	Sun	July 30 - Aug 27	10:30 - 11:30 am	\$110/\$138
111410-04	Thu	Aug 3 - Aug 31	9:30 - 10:30 am	\$110/\$138

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
111412-09	Thu	June 29 - July 27	6:30 - 7:30 pm	\$110/\$138
111412-10	Thu	Aug 3 - Aug 31	6:30 - 7:30 pm	\$110/\$138

Instructor: Staff

Location: Buffalo Grove Fitness Center

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
111415-01	Wed	June 28 - July 26	9:30 - 10:30 am	\$110/\$138
111415-02	Wed	Aug 2 - Aug 30	9:30 - 10:30 am	\$110/\$138

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 Monday through Friday from 10 - 11 am at the Buffalo Grove Fitness Center. 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.

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 July 10.** (JD)

Age: 16 years and up

Code	Day	Date	Time	M/NM Fee
111445-01	Mon	June 26 - Aug 7	7:30 - 8:30 pm	\$65/\$82

Instructor: Staff

Location: Buffalo Grove Fitness Center

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

Registration for Buffalo Grove Fitness Center classes opens on June 12.