



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

Club Features

Club Industry's Top 100 fitness centers in the USA.

- More than 100 free group exercise classes offered, including TRX Suspension Training, Kickboxing, MMA, Barre, Pilates, Spin, Yoga, cardio, water fitness, strength training and Zumba.
- Aquatics area featuring 5-lane lap pool, warm water therapy pool, steam room, whirlpool and towel service.
- Indoor track and basketball court.
- On-site child care in our Kids Club featuring indoor and outdoor activity areas, XerPro Sportwall[®] and crafts.
- Grab 'N Go Café
- Women's Workout Room
- Corporate Wellness Programs
- Small Group Training
- Personal, Pilates Reformer, Master Swim, Triathlon, Sports Conditioning and Junior Weight Training.

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

847.353.7500 • bgfitness.org

Membership

Join the Buffalo Grove Fitness Center to experience the best in fitness. All memberships include no enrollment fee, a complimentary fitness assessment and equipment orientation, a free gift to help jumpstart your fitness routine, and 3 free guest passes per year. Visit us today and discover the best membership option for you.

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
311411-01	Tue	Jan 3 - Feb 7	7 - 8 pm	\$147/\$183
311411-07	Fri	Jan 6 - Feb 10	10 - 11 am	\$147/\$183
311411-09	Sat	Jan 7 - Feb 11	9 - 10 am	\$147/\$183
311411-02	Tue	Feb 14 - Mar 21	7 - 8 pm	\$147/\$183
311411-08	Fri	Feb 17 - Mar 24	10 - 11 am	\$147/\$183
311411-10	Sat	Feb 18 - Mar 25	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. (JD)

Age: 16 years and up

Code	Day	Date	Time	M/NM Fee
311410-01	Sat	Jan 7 - Feb 11	10:15 - 11:15 am	\$147/\$183
311410-02	Sat	Feb 18 - Mar 25	10:15 - 11:15 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
311412-03	Wed	Jan 4 - Feb 8	9:30 - 10:30 am	\$147/\$183
311412-09	Thu	Jan 5 - Feb 9	6:30 - 7:30 pm	\$147/\$183
311412-04	Wed	Feb 15 - Mar 22	9:30 - 10:30 am	\$147/\$183
311412-10	Thu	Feb 16 - Mar 23	6:30 - 7:30 pm	\$147/\$183

Instructor: Staff

Location: Buffalo Grove Fitness Center

Master Swim

Join our facility swim team to either begin to master the skills and drills of swimming, or train to a master level. This is a 1500 - 2400 meter swim with our swim certified trainers. All levels are welcome. (JD)

Age: 16 years and up

Code	Day	Date	Time	M/NM Fee
311445-01	Mon	Jan 9 - Mar 20	7:30 - 8:30 pm	\$118/\$146

Instructor: Bentsen

Location: Buffalo Grove Fitness Center

NEW 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
311451-01	Sat	Jan 14 - Mar 18	7 - 8:30 am	\$188/\$226

Instructor: Staff

Location: Buffalo Grove Fitness Center

NEW Performance Cycle

This pre-season cyclist training program in our new video cycle studio will begin with a measured threshold, base endurance, heart rate training, strength building, threshold training, and end with a race day. Participants will be assigned computerized bikes to measure goals and accuracy. (JD)

Age: 16 years and up

Code	Day	Date	Time	M/NM Fee
313514-01	Sun	Jan 8 - Mar 19	7:30 - 9 am	\$125/\$150

Instructor: Bentsen

Location: Buffalo Grove Fitness Center

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
311515-01	Fri	Feb 10 - Mar 17	5 - 6 pm	\$105/\$140
311515-02	Sat	Feb 11 - Mar 18	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 8:30 - 9:30 am and 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.

Registration for Buffalo Grove Fitness Center classes opens on December 5.