



FITNESS CENTER
at the Buffalo Grove Park District

Group Exercise Class Schedule

As of March 16, 2020

Group Exercise
 Water Fitness
 Mind/Body
 Cycle

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
5:30 - 6:30 am HIIT Group Ex Studio - Karin	5:30 - 6:30 am MMA Boot Camp Gymnasium - Kirk	5:30 - 6:15 am TRX Fitness Floor - Sheila	5:30 - 6:30 am Strength Intervals Group Ex Studio - Jenay/Lacy	5:30 - 6:30 am Power Cycle Spin Studio - Karin	7:15 - 8:15 am Gentle Yoga Yoga Studio - Dawn	
7:15 - 8:15 am Cycle, Walk, Run. Spin Studio - Wendy	7:15 - 8 am Cycle Express New Spin Studio - Nicole	5:30 - 6:30 am All Levels Yoga Yoga Studio - Dawn	8:15 - 9:15 am Pilates Power Mat Studio - Jill D	8 - 8:45 am Liquid Flow WW Pool - Wendy	8 - 9 am Zumba Group Ex Studio - Kay	
8:15 - 9:05 am TBC Group Ex Studio - Kelly B	8:25 - 9:15 am Strength Conditioning Group Ex Studio - Gilda	8 - 8:55 am Pilates Mat Studio - Jenay	8:15 - 9:15 am Cardio Drumming Group Ex Studio - Suzanne	8:15 - 9:10 am TBC Group Ex Studio - Jill D	8:15 - 9:15 am Video Cycle Spin Studio - Christy	
8:30 - 9:15 am Deep Water Workout Lap Pool - Wendy	9 - 9:50 am H2O Challenge Lap Pool - Suzanne	8:15 - 9:15 am Step Group Ex Studio - Kelly	9 - 9:45 am Aqua Barre New WW Pool - Georgette	9 - 10 am Aqua Fit Lap Pool - Suzanne	8:30 - 9:30 am Barre Body Mat Studio - Debra	
9:15 - 10 am Aqua Barre WW Pool - Kelly B	9:15 - 10:15 am Hatha Yoga Yoga Studio - Stephanie	9 - 9:45 am Aqua Barre WW Pool - Christy	9 - 10 am Hatha Yoga Yoga Studio - Lisa Devi	9:15 - 10:15 am Yoga Basics Yoga Studio - Jenay	8:30 - 9:30 am Hatha Yoga Yoga Studio - Lisa Devi	
9:15 - 10:15 am Pilates Mat Studio - Adi	9:30 - 10:25 am Barre Basics Mat Studio - Debbie W	9 - 9:55 am Strength Basics Mat Studio - Wendy	9:30 - 10:25 am TBC Group Ex Studio - Suzanne	9:25 - 10:25 am Cardio Dance Group Ex Studio - Matt P	8:45 - 9:30 am Aqua Yoga WW Pool - Bernie	
9:15 - 10:15 am Hatha Yoga 2 Yoga Studio - Gail	9:35 - 10:25 am Pilates Sculpt Group Ex Studio - Wendy	9 - 10 am Power Cycle Spin Studio - Tracey	9:30 - 10:25 am Barre Fusion Mat Studio - Adi	9:30 - 10:15 am Tabata Gymnasium - Melissa B	9 - 10 am Weekend Warriors Gymnasium - MD/Tracey	
9:30 - 10:25 am Cardio Dance Group Ex Studio - Matt P	10:30 - 11:25 am Flexibility Plus Core Mat Studio - Siobhan	9:15 - 10:15 am New Hatha Yoga Yoga Studio - Jenay	10:30 - 11:30 am New Yoga Flow Yoga Studio - Stephanie	9:30 - 10:20 am Power Cycle Spin Studio - Ivan	9:15 - 10:15 am Body Sculpt Group Ex Studio - Pam	
10:35 - 11:25 am HIIT To Be Fit Group Ex Studio - Felicia	10:35 - 11:25 am Dance and Tone Group Ex Studio - Suzanne	9:30 - 10:25 am HIIT To Be Fit Group Ex Studio - Felicia	10:35 - 11:30 am Dance Fusion Group Ex Studio - Elizabeth	9:30 - 10:25 am Strength Conditioning Mat Studio - Debbie W	9:30 - 10:15 am Aqua Fit Lap Pool - Katie	
10:45 - 11:35 am Chair Pilates Mat Studio - Georgette	11 am - 12 pm New Qi Gong Yoga Fusion Yoga Studio - Lisa Devi	10 - 10:50 am Aqua Cardio Dance Lap Pool - Elizabeth	10:35 - 11:35 am Chair Yoga Mat Studio - Staff	10:30 - 11:25 am Pilates Basics Mat Studio - Nicole	9:45 - 11 am Vinyasa Yoga Yoga Studio - Bernie	
5:15 - 6 pm TRX Fitness Floor - Sheila	11:35 am - 12:30 pm Senior Fitness Group Ex Studio - Siobhan	10:30 - 11:25 am Zumba Gold Group Ex Studio - Siobhan	12:15 - 1 pm HIIT Group Ex Studio - Christy	10:30 - 11:25 am Senior Fitness Group Ex Studio - Siobhan	10:30 - 11:15 am Tai Chi Group Ex Studio - Pam	
6 - 6:55 pm HIIT Group Ex Studio - Felicia	12:15 - 1 pm TRX Fitness Floor - Sheila	10:30 - 11:30 am New Chair Yoga Mat Studio - Dawn	5:15 - 6 pm TRX Fitness Floor - Sheila	11:35 am - 12:30 pm Flexibility Plus Core Mat Studio - Siobhan		
6 - 7 pm Power Cycle Spin Studio - Sheila	4:45 - 5:45 pm Hatha Yoga Yoga Studio - Nickie	12 - 1 pm All Levels Yoga Yoga Studio - Stephanie	6 - 6:50 pm New Jiu Jitsu for Fitness Group Ex Studio - Joe	4:30 - 5:30 pm All Levels Yoga Yoga Studio - Bernie		
6:15 - 7:30 pm Vinyasa Yoga Yoga Studio - Bernie	5:30 - 6:15 pm Tabata Boot Camp Gymnasium - Melissa D	5:45 - 6:30 pm Muscle Max Group Ex Studio - Debra	6 - 7 pm Cycle! Rock & Roll Spin Studio - Sheila	5:30 - 6:15 pm Tabata Group Ex Studio - Kelly B		
6:30 - 7:15 pm Aqua Pilates WW Pool - Katie	6 - 7:15 pm Vinyasa Yoga Yoga Studio - Jill S	5:45 - 6:45 pm Restorative Yoga Yoga Studio - Tika	6 - 7:15 pm Power Flow Yoga Yoga Studio - Dawn			
6:30 - 7:25 pm Barre Fusion Mat Studio - Debra	6:30 - 7:30 pm Pilates Mat Studio - Adi	6 - 7 pm Cycle! Rock & Roll Spin Studio - Wendy	7 - 7:55 pm Dance Fusion Group Ex Studio - Bridgitt			
7 - 7:30 pm Stretch & Roll Group Ex Studio - Wendy	7 - 7:55 pm Dance Fusion Group Ex Studio - Bridgitt	6:30 - 7:15 pm Aqua Pilates WW Pool - Katie				
		6:35 - 7:25 pm Cardio Barre Group Ex Studio - Debra				

Keep in Touch
Sign up at the front desk to receive our weekly email of group exercise class updates, news, events and promotions.

Yoga, Cycle, TRX and all classes in our Mat Studio require advance sign up and can be done 48 hours in advance by calling 847.353.7500. You will need a ticket from the front desk on the day of the class prior to entering the studios. If you have not checked in and picked up your ticket 5 minutes before the start of class, your name will be removed and given to the next person on the waitlist. Space is limited. **Please note:** Class instructors and formats are subject to change without notice.



Group Ex

Barre Basics

Using the principles of ballet, pilates, yoga and strength conditioning to help achieve better balance flexibility, toning, core strength and posture awareness for a longer leaner body.

Barre Body

Here we take Barre to a deeper practice with additional challenges. Music moves this class at a pace sure to make you feel the burn.

Barre Fusion

Barre Body meets the creativity of our instructors well rounded expertise. Added props and sequencing give you a full body unique and challenging workout.

Body Sculpt

All level challenging strength routine workout that will tighten and tone your body. This class incorporates strength, balance and flexibility.

Boot Camp

Circuit style training incorporating a mix of weights, minor equipment, body weight exercises, functional training and explosive moves. All levels.

Cardio Barre

Barre meets cardio. This class will have a heart pumping fat burning spin on our signature Barre classes.

Cardio Dance

A follow along cardio dance party! Let our instructors lead you on fun and expressive variety dance fitness workout to motivating music.

Cardio Drumming

Cardio drumming brings together drumsticks and a stability ball to create one of the most fun workouts you'll ever do. This class will raise your heart rate, build your endurance, improve your muscle and strengthen your core.

Chair Pilates

This class is specially designed to strengthen your abdominals, lower back and pelvic floor muscles. Exercising the core is essential to good posture and balance.

Dance Fusion

Prepare to sweat in this class filled with fun combinations of dance styles from an array of the hottest moves.

Dance and Tone

Dance and Tone combines targeted body-sculpting exercises and high-energy cardio work with Dance moves to create a calorie-torching, strength-training dance fitness party.

Flexibility Plus Core

Live strong with balance work, complete range of motion movements, stretching and core conditioning. Great for beginners to intermediate levels.

HIIT

High-intensity interval training (HIIT), is a cardiovascular exercise strategy alternating short periods of intense anaerobic exercise with less intense recovery periods.

HIIT To Be Fit

Have fun in this high intensity interval class with strength and cardio circuits to rock your metabolism. Modifications are always shown.

Jiu Jitsu for Fitness

Learn the fundamentals of Jiu Jitsu, a ground based grappling martial art. Improve focus, energy and general well-being while gaining strength, flexibility, fitness and self defense skills.

MMA Boot Camp

Mixed Martial Arts circuit training with explosive and effective practical self-defense moves with emphasis on form, discipline and power for metabolic strength and endurance building results.

Muscle Max

Bring the weight room to the studio! A strength class using barbells, kettlebells, dumbbells and your own body weight to maximize your strength and define muscles. No muscle gets neglected!

Pilates/Pilates Power/Pilates Sculpt

Mat based class using the Pilates principles in Core training. Pilates Power incorporates more challenging exercises.

Senior Fitness

Participants are encouraged to work at their own pace in this total body strength training, balance, flexibility and core conditioning class. Exercises will be performed in both seated and standing positions.

Step

Our very popular cardiovascular step class goes high intensity/low intensity intervals. Burn the calories!

Strength Basics

Build overall strength, help reduce bone loss and compliment weight loss with this no frills, strength and core class. Also includes balance and mat work.

Strength Conditioning

Challenge yourself using free weights, body weight, resistance bands, stability balls, Bosu and more.

Strength Intervals

Build lean muscle using a variety of exercise equipment guaranteed to improve your fitness levels and endurance.

Stretch & Roll

This unique class is designed to increase flexibility, relax those tight muscles, increase blood flow and improve mobility. Learn the art of foam rolling, various stretching techniques from dynamic to static and leave feeling more relaxed and rejuvenated.

Tabata Boot Camp/Tabata

20 seconds of hard work, 10 seconds of rest, repeat = Tabata! This high intensity interval training complete body workout guaranteed to blast fat, strengthen your body and increase stamina.

TBC

Total Body Conditioning in a high-energy format to challenge muscular strength and cardiovascular endurance.

TRX

This is a revolutionary method of leveraged body weight exercises. Safely perform an endless variety of exercises that quickly increase a strong core, strength, flexibility, balance and build incredible power in the body.

Tread, Walk, Run

Whether you are looking to start running, run a 5k, 10k, ½ marathon or full marathon this is for you! The instructor will take this outside if the weather is right.

Weekend Warriors

Meet in gym for a mix of Boot Camp drills, Tabata Intervals, body weight and strength challenges. This is sure to bring out the warrior within and make for a great start of your day!

Zumba

Dance your way to a tone body and have a blast! Great music, dance moves and always a big energetic group!

Zumba Gold

Seniors get in on the fun and benefits of the hottest dance class in town!

Water Fitness

Aqua Barre

This is a Barre class in our warm water pool. Experience the same great benefits of toning, posture, core, stretch, flexibility and light cardio in the water.

Aqua Cardio Dance

Join us in the lap pool for our fun new cardio aqua dance class. Dance your way to a tone body, build your endurance and have a blast in our new low impact aqua class.

Aqua Fit/H2O Challenge

Active high intensity cardio aqua workout designed to strengthen and condition the entire body and build endurance without impact and stress.

Aqua Pilates

Pilates performed in our warm water therapy pool. In this 45 minute class you will improve your core strength, stability, postural alignment and flexibility achieving an optimal range of motion while minimizing stress on your joints.

Aqua Yoga

Hatha Yoga in our warm water pool. Experience the same great benefits of a traditional yoga and meditation practice connecting mind and body through breath and movement in the water.

Deep Water Workout

Invigorating workout in the deeper lanes of the pool.

Liquid Flow

Warm water class focused on flowing gentle full range of movements, stretching, flexibility and balance.

Mind/Body

Chair Yoga

Slower paced gentle yoga class using chairs and props for beginners and those with limitations. Posture, strength, flexibility and breath emphasized during this practice.

Gentle Yoga

Slower paced gentle yoga class designed to soothe and nourish both the body and the mind.

Hatha Yoga/Hatha Yoga 2

Traditional yoga and meditation practice connecting mind and body through breath and movement. Poses are held for longer periods of time to increase flexibility or build muscle and bone strength. Hatha Yoga 2 includes optional challenging poses.

Power Flow Yoga

This class offers a physically challenging, flowing practice that will get your heart pumping while you work on strength, core, balance and focus.

Qi Gong Yoga Fusion

Amplify your internal energy and focus with this invigorating mind-body workout consisting of flowing movements, stretches, breathing exercises and meditation.

Restorative Yoga

This class emphasizes deep breathing exercises, poses and stretches that promote flexibility, awareness, posture, comfort and relaxation.

Tai Chi

Tai Chi uses beautiful controlled movements aligned with breath to harmonize energy flow in the body.

Vinyasa Yoga

Participants will experience a guided, flowing, dynamic form of yoga, linking movement and breath to intention. Vinyasa is an active practice that strengthens, tones and improves balance and flexibility.

Yoga Basics/All Levels

Practice poses, breath awareness, strength, flexibility, form and flow. All levels incorporate optional challenging postures.

Yoga Flow

This fun yoga class offers an athletic yet slow paced vinyasa practice.

Cycle

Cycle! Rock & Roll

This class focuses on endurance, strength, intervals and recovery on the bike. Then, finish with 15 minutes of foam rolling for self-myofascial release.

Cycle.Walk.Run.

This class focuses on endurance, strength and recovery on and off the bike. Maximize your workout with this fun cardio class.

Power Cycle/Cycle Express

Take a heart-pounding ride through hills and drills. Let the instructor and the music guide you to the best cardio calorie burner out there!

Video Cycle

This class is designed around music videos and scenic rides. Get lost in the fun and burn lots of calories on this intense ride!