

Fitness & Wellness

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. For more information, contact Liz Sass at 847.850.2136 or lsass@bgparks.org.

Age: 18 years and up

Code	Day	Date	Time	R/NR Fee
111712-01	Tue	June 7 - Aug 30	9:45 - 10:30 am	\$78/\$98
111712-02	Thu	June 9 - Sep 1	9:45 - 10:30 am	\$78/\$98

Instructor: Cohen

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. For more information, contact Liz Sass at 847.850.2136 or lsass@bgparks.org.

Age: 16 years and up

Code	Day	Date	Time	R/NR Fee
111723-01	Tue	June 7 - Aug 30	8:30 - 9:30 am	\$91/\$114
111723-02	Thu	June 9 - Sep 1	8:30 - 9:30 am	\$91/\$114

Instructor: Cohen

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! For more information, contact Liz Sass at 847.850.2136 or lsass@bgparks.org. **No class on June 21, July 5 and 26.**

Age: 16 years and up

Code	Day	Date	Time	R/NR Fee
111738-01	Tue	June 7 - Aug 23	7 - 8 pm	\$97/\$122

Instructor: Sotelo

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. For more information, contact Liz Sass at 847.850.2136 or lsass@bgparks.org. **No class on June 22, July 6 and 27.**

Age: 18 years and up

Code	Day	Date	Time	R/NR Fee
111702-01	Wed	June 8 - Aug 24	9 - 9:45 am	\$65/\$81

Instructor: Sotelo

Location: Emmerich Park

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; and, bring a sticky mat, or use flat mats that are provided. For more information, contact Liz Sass at 847.850.2136 or lsass@bgparks.org. **No class on June 19 and July 3.**

Age: 16 years and up

Code	Day	Date	Time	R/NR Fee
111737-01	Sun	June 5 - Aug 21	9 - 10:15 am	\$110/\$138

Instructor: Chamberlain, CYT

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. For more information, contact Liz Sass at 847.850.2136 or lsass@bgparks.org.

Age: 18 years and up

Code	Day	Date	Time	R/NR Fee
111734-01	Wed	June 8 - July 13	7 - 8 pm	\$75/\$94
111734-02	Wed	July 27 - Aug 31	7 - 8 pm	\$75/\$94

Instructor: Fugate

Location: Alcott Center

For more information about fitness and wellness classes at Emmerich Park and the Alcott Center, please contact Liz Sass at 847.850.2136.



FITNESS CENTER

at the Buffalo Grove Park District

The Fitness Center continuously offers specialty programs in fitness and wellness, regardless of residency. In addition, you do not need to be a member of the Fitness Center to participate in these programs; however, if you are currently a member, the program fee is discounted.

The following specialty programs are offered at the Fitness Center:

- + Warm Water Arthritis
- + Swim For Fitness
- + Foundations To Master Swim
- + Reformer Basics
- + Small Group Pilates Training
- + Beach Body Ready
- + Youth programs including Boxing, Sports Conditioning and Fencing

Use the QR code for instant access to specialty program descriptions and registration.



- 1 Open your camera on your cell phone.
- 2 Position the camera over the code so that the code appears clearly on the screen.
- 3 Tap the notification that appears on the screen to go to our website.



FITNESS CENTER

at the Buffalo Grove Park District

601 West Deerfield Parkway • Buffalo Grove, IL 60089 • 847.353.7500 • bgfitness.org

EXPERIENCE THE BEST IN FITNESS!

Join the Fitness Center at the Buffalo Grove Park District to experience the best in fitness. All new members receive a complimentary Jump Start Fitness 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.

Club Features

- + 80,000 sq. ft. state of the art facility
- + Top of the line cardio 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
- + Free Group Exercise classes, both live and virtual
- + Outdoor fitness pavilion
- + Boxing area
- + Basketball and Pickleball Courts
- + Wellness Room with functional fitness equipment
- + Certified personal trainers and fitness instructors
- + Small Group Training Studio
- + Pilates Reformer Studio
- + Group Ex Studio
- + Yoga Studio
- + Mat Studio
- + Mind Body Studio
- + Spin Studio
- + Specialty programming
- + Corporate Wellness programs
- + Weight loss programs
- + Kids Club on-site child care, featuring indoor and outdoor activity areas

Want the Fitness Center experience without the commitment?
Ask about our flexible pass options that allow full access.

The Fitness Center is open. Detailed information, including rules and new protocols can be found on our website at bgfitness.org

Fitness Center Hours

Monday - Thursday 5 am - 9 pm
Friday 5 am - 7:30 pm
Saturday & Sunday 6 am - 5:30 pm

Membership Office Hours

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

847.353.7551 • bgfitness.org



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Follow us on Instagram @[fitnesscenterbgparkdistrict](https://www.instagram.com/fitnesscenterbgparkdistrict)

ATHLETICO

PHYSICAL THERAPY

Start Here. Finish Pain-Free.

Our therapists can transform your pain before it progresses to something worse. Our Buffalo Grove North clinic offers many services to mitigate injuries.

- Joint Replacement Therapy
- Aquatic Therapy
- Vestibular and Balance
- Back Pain/Spine
- Women's Health
- Pediatrics
- Orthopedic Rehabilitation
- Sports Injuries and Rehabilitation



**NO PRESCRIPTION
NEEDED TO START
PHYSICAL THERAPY**

Athletico Buffalo Grove North

601 Deerfield Parkway

847-215-0022

athletico.com/BuffaloGroveNorth

*Per federal guidelines, beneficiaries of plans such as Medicare, Medicaid, Tricare, VHA and other federally funded plans are not eligible for free assessments.

