



FITNESS CENTER
at the Buffalo Grove Park District

SPRING**24**



6-Pack For Summer
Sale Starts May 1
See page 9

Spring Specialty
Programs
See page 16

Happy Hour Golf
at the Dome
See page 17

Fencing Classes
For All Levels
See page 19

ARE
YOU
IN?



FITNESS CENTER
at the Buffalo Grove Park District

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

EXPERIENCE THE BEST IN FITNESS!

Club Features

- + 80,000 sq. ft. state-of-the-art facility
- + Over 100 pieces of cardiovascular training equipment
- + 3 large separate areas with weight-resistance equipment, including plate-loaded, free-weight, and selectorized-weight machines.
- + Aquatics area featuring a 5-lane lap pool, warm-water therapy pool, whirlpool, and sauna
- + Indoor track with boxing area
- + Basketball and pickleball courts
- + Free group exercise classes, both live and virtual, taught by certified instructors

- + Newly remodeled Pilates Studio
- + Small Group Training Studio
- + Group Exercise Studio
- + Mind/Body Studio
- + Mat Studio
- + Yoga Studio
- + Spin Studio
- + Outdoor Fitness Platform
- + Wellness Room for active seniors

Additional to all memberships for a fee:

- + Personal and reformer training with certified trainers
- + Specialty programs
- + Corporate Wellness programs
- + Weight-loss programs

Fitness Center Hours

Monday - Thursday	5 am - 10 pm
Friday	5 am - 8 pm
Saturday & Sunday	6 am - 7 pm

Holiday Hours

March 31	Easter	6 am - 2 pm
May 27	Memorial Day	6 am - 2 pm

Member Services

847.353.7551

fcbilling@bgparks.org

Follow us on social media



Facebook @bgfitnesscenter



Instagram @FitnessCenterBGParkDistrict



ONLINE REGISTRATION

Register online for all classes that have a program code. First, go to bgparks.org to the registration page and set up your online registration account. Once you receive your account code information, you may register online.

INCLUDED IN YOUR MEMBERSHIP

You Choose How You Want to Workout

Your membership includes free unlimited access to group exercise, including mind/body and aquatics classes. Choose a different class every day! Or, if you prefer to workout from the comfort of home, try our virtual group exercise classes taught by our very own fitness instructors. For the current group exercise schedule, go to bgfitness.org.



VIRTUAL GROUP EXERCISE

Members have access to unlimited online group exercise classes. Try one of our virtual yoga, Pilates, and strength classes. To reserve a spot, go to bgfitness.org/Reservations.



LIVE GROUP EXERCISE

Live classes take place indoors. We also offer aquatics, cycle and mind/body classes. There is truly something for everyone. To reserve a spot, go to bgfitness.org/Reservations.



LAP POOL

Swimmers can enjoy the use of our lap pool or warm-water therapy pool. Two swimmers per lap lane. Reservations can be made from 3 days to 30 minutes before your desired pool time. Reserve your lane online at bgfitness.org/Reservations.



OPEN GYM

Enjoy playing basketball in our gymnasium on either the east or west court. Reservations are not needed. An updated gymnasium schedule is available on our website at bgfitness.org.



PICKLEBALL

Pickleball is a great activity for 2 or 4 players. Paddles and pickleballs are available at the front desk. Court times can be reserved online at bgfitness.org/Reservations. Find other pickleball enthusiasts in the area by joining our Facebook Group page, BG Pickleball.

MEMBERSHIP

Join the Fitness Center to experience the best in fitness. All new members receive a complimentary Jump Start orientation and a free welcome gift. Each membership household will also receive 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.

Monthly Memberships

Monthly memberships are available for adults and additional members of the same household, who are 25 years and up.

Annual Memberships

Purchase an annual membership and receive the 13th month free. In addition, annual memberships receive 3 additional guest passes, for a total of 9 per term.

Corporate Memberships

A corporate discount is available to 5 or more employees of the same company who join the Fitness Center.

Refer a Friend

Receive \$25* when you refer a friend to the Fitness Center. Ask for details. Restrictions apply.

Refer a Co-Worker

Receive 50% off** when you refer a co-worker to the Fitness Center. Ask for details. Restrictions apply.

For more information on any of our memberships, contact Member Services at 847.353.7551.

Can't commit? Try these flexible options that allow full access to our facility.



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.

Healthy Minds Healthy Bodies

The Fitness Center recognizes the challenges faced by returning veterans with a disability. We now offer a program for disabled veterans to keep them connected physically, socially and mentally with other veterans and members of the community.

Veterans accepted into the program receive a free full year of membership to the Fitness Center, including a free membership for a companion. Veterans also receive free personal training sessions^, post-rehabilitative exercise materials for home use, expert advice from trained staff at the Rehabilitation Institute, and invitations to optional social events where veterans can meet other program participants. For more information, please contact the Member Services office at 847.353.7551.

*Applicable to current members who have been active for a minimum of 1 month. Maximum of 2 referrals per new household allowed. Referrals must stay active for 3 full months. \$25 credit will be applied to the household account. Referrals must be for monthly or annual memberships.

**Applicable to current members with a discounted corporate membership who have been active for a minimum of 1 month. A one time 50% discount will be applied to the referring member's monthly membership dues for the first billing cycle after the referral enrolls in a monthly or annual membership. Referrals must be from the same company as the current corporate member. Cannot be combined with any other offer. Visit Member Services for more information. Exclusions apply.

^ The start date and duration of training sessions will be tailored to meet the individual needs of each client. You will receive an initial consultation with a personal trainer at the Fitness Center. This consultation is required to help you get started and determine how this program will work for you. A disability (mental and/or physical) of 10% or more is required to qualify for the Healthy Minds Healthy Bodies program.

FITNESS FEELS GOOD.

Student Membership Passes On Sale Now

10 DAYS FOR **\$20** | 30 DAYS FOR **\$40** | 100 DAYS FOR **\$100**

Cardio and weight equipment * Group Ex classes * Boxing area*

All students must show proof of age to purchase a student membership by providing a valid state-issued driver's license, ID, or permit, or a passport or birth certificate. Parent or guardian must be present at time of purchase for students 17 years of age and younger. Students must be 14 - 24 years of age to qualify for a student pass. Students 14 - 15 years of age are required to complete our Teen Fitness Orientation program prior to purchase. Pool usage is only permitted for members 16 or older. No one under the age of 16 is permitted in the whirlpool at any time. Student passes automatically expire when the applicable number of days has passed. Unused days cannot be carried over to the next pass. No reactivation fee. Exclusions apply.

**To use the boxing area, student must be 16 years of age or older, or have parent supervision.*

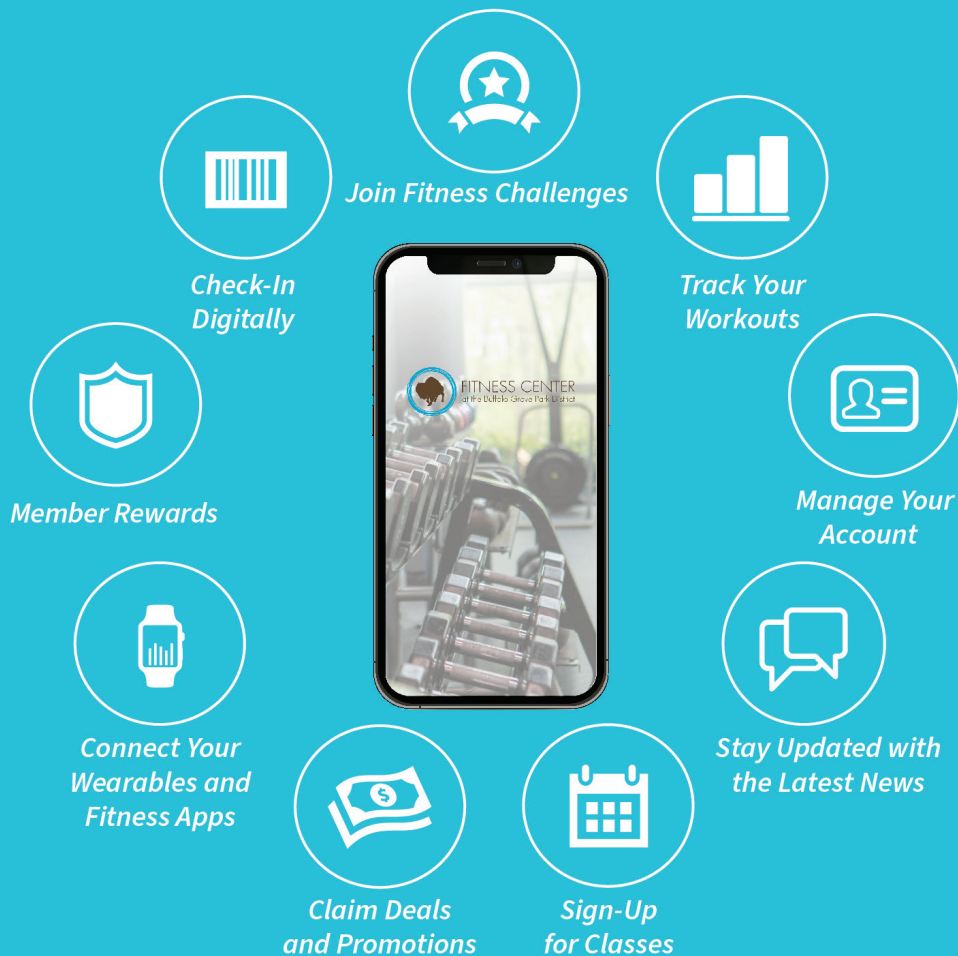
TEEN FITNESS ORIENTATION



Would you like your teen to belong to the Fitness Center at the Buffalo Grove Park District? Students ages 14 - 15 years old can become members of the Fitness Center by completing our Teen Fitness Orientation program. This is a 1-hour session, led by a fitness trainer, and will include a tour of the facility, a fitness and equipment orientation, and an overview of the facility rules, safety, and etiquette. A parent or guardian must accompany their student for the session. Once completed, participants will be eligible for one of our student pass options. Register in person at the Fitness Center. Proof of age is required. For more information, contact Debra Saper at 847.353.7512 or dsaper@bgparks.org. Fee: \$50

Maximize Your Workouts

DOWNLOAD OUR APP



SEARCH

Buffalo Grove Fitness



ONLINE RESERVATION FOR GROUP EXERCISE CLASSES

To make a reservation to participate in any of our group exercise classes (live and virtual) use our app or our online reservation system at bgfitness.org. Reservations for live classes can be made 6 days before class begins and will close 30 minutes before the start of the class. Reservations for virtual classes can be made 2 weeks before class begins. Reservations will close at the start of the class.

GROUP EXERCISE

Group Exercise Class Descriptions

Group Exercise

Athletic Stretching

Practice stretches, breath awareness, strength, flexibility, form and flow.

Barre Body

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 Sculpt

This Barre-inspired workout blends ballet, Pilates, isometric holds and functional strength training to give you a heart-pumping workout and help you get stronger.

Barre Strong

This class will utilize weights, flat bands and bodyweight movements along with ballet inspired movements to tone, strengthen and improve endurance.

Body Sculpt

An all-level, challenging strength 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 and functional training.

Cardio Drumming

This class will raise for heart rate, build your endurance, improve your muscle and strengthen your core.

Chair Fitness ★

Chair Fitness is a class for strengthening and toning the upper body, lower body and core. Exercises are done in a chair or holding onto a chair. Balance components are included as well.

Classic Mat Pilates

This class is specifically designed to increase core strength, balance and flexibility through traditional Pilates Flow. Utilizing props and small weights for added challenge.

Core Connect

Perfect for those wanting variety in one workout. This class is core centered, along with different weekly intervals of strength, low impact cardio and flexibility training using body weight, light dumb bells, bands, foam rollers and stability balls.

Flexibility Plus Core ★

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

Gentle 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.

HIIT

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

Mat Pilates/Pilates Sculpt

Mat-based class using the Pilates principles in core training. Pilates Sculpt incorporates more challenging exercises.

Senior TBC ★

Total Body Conditioning challenges muscular strength and cardiovascular endurance in a format appropriate for seniors.

STEP

Step classes make cardio fitness fun by offering an aerobic workout that is boosted with choreography and group motivation. Step classes involve cardio conditioning on step benches and risers while performing choreographed routines to upbeat music.

Strength Basics

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

Strength Intervals

Interval training to build muscle and strength using a variety of exercise equipment.

Tai Chi

Tai Chi uses beautiful controlled movements aligned with breath to harmonize.

TBC

Total Body Conditioning hits all major muscle groups to improve strength and endurance and to tone your body.

Wing Chun

Wing Chun is a concept-based traditional Southern Chinese Kung fu style and a form of defense. Softness and performance of techniques in a relaxed manner is fundamental to Wing Chun.

Zumba®

Dance your way to a tone body and have a blast! This class has great music, lots of dance moves and always a big energetic group!

Zumba® Toning

Zumba® Toning combines body-sculpting exercises and high-energy cardio work infused with Zumba® moves to create a calorie-torching, strength-training fitness party. Students learn how to use lightweight toning sticks to enhance rhythm and tone all their target zones, including arms, abs, and thighs.

20/20/20

Split your work out time between core, cardio and strength.

Mind/Body

Chair Yoga ★

Chair yoga is a gentle practice in which postures are performed while seated and/or with the aid of a chair.

Hatha Yoga ★

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.

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.

Restorative Yoga ★

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.

Sarvang

Sarvang means all-encompassing. Class starts with warming up joints and glands, main strength-building poses/balances, then relaxation, breathing, meditation and laughter.

Yin Yoga

Yin is a style of slow-moving practice that involves long holds in various seated and reclined poses to access deeper layers of fascia and to quiet the mind. Suitable for all levels of ability.

Yoga/All Levels Yoga

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.

Yoga Fusion

Stretch your whole body and strengthen your core with this fun fusion class.

Power Cycle

Power Cycle

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!

Water Fitness

Aqua Barre

Aqua Barre focuses on postural strength, alignment, flexibility, and balance. Participants will utilize the barre for ballet and pilates inspired exercises in the warm water therapy pool.

Aqua Fit

Enjoy an active, high-intensity cardio workout in the water that is 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 Stretch

Practice stretches, breath awareness, strength, flexibility, form and flow in the warm water pool.

Aqua Zumba®

Aqua Zumba® combines some of the traditional elements of aqua fitness classes (such as jumping jacks and cross-country skiing) with the upbeat, Latin-infused dance moves and music Zumba® fitness is famous for.

Deep Water Workout

Invigorating workout in the deeper lane of the pool. Perfect for anyone that wants to work hard, is comfortable in deeper water, or for athletes wanting to cross train safely.

H2O Challenge

Active high Intensity cardio aqua workout designed to strengthen and condition the entire body without impact on stress. Instructor teaches in the lap pool with participants.

★ Classes with a star are appropriate for participants with limited mobility or who are new to fitness.

To see our live and virtual group exercise schedules, please visit bgfitness.org.



REFER A FRIEND TO THE FITNESS CENTER AND GET **\$25***

*Applicable to current members who have been active for a minimum of 1 month. Maximum of 2 referrals per new household allowed. Referrals must stay active for 3 full months. \$25 credit will be applied to the household account. Referrals must be for monthly or annual memberships. Exclusions apply.

REFER A CO-WORKER AND GET **50%* OFF!**

*Applicable to current members with a discounted corporate membership who have been active for a minimum of 1 month. A one-time 50% discount will be applied to the referring member's monthly membership dues for the first billing cycle after the referral enrolls in a monthly or annual membership. Referrals must be from the same company as the current corporate member. This offer cannot be combined with any other offer. Visit Member Services for more information. Exclusions apply.



6-PACK SUMMER SALE

Save **20%**
on **6** personal & reformer
training sessions

Sale Dates: May 1 - 27

Must use purchased training sessions by Labor Day.

Limit of two total 6-packs per person. Valid for 1-on-1 personal training and reformer training only. All training sessions are nonrefundable/nontransferable. All purchased training sessions in this promotion will expire on September 2, 2024.



Refer-A-Friend Training Special

Refer a friend to one of our personal trainers and
your friend will get

\$10 off a 30-minute session

(that's only \$27 Member/\$37 Nonmember).

If your friend purchases a training package after
the initial 30-minute session, you will get

30 minutes of free training

for making the referral.

For more information, talk with your personal trainer, or
contact Debra Saper at 847.353.7512 or dsaper@bgparks.org.

STARTER PACK

For anyone trying 1-on-1 training for the first time.



REFORMER TRAINING

>>>>>><<<<<<

Four 60-minute reformer
training sessions

**\$200 Member/
\$250 Nonmember***

(That's a savings of \$68 M/\$58 NM)

* Offer valid one time, per person, for anyone who has never
purchased a reformer training session.
Only valid for reformer training.



PERSONAL TRAINING

>>>>>><<<<<<

Five 30-minute personal
training sessions

**\$135 Member/
\$185 Nonmember†**

(That's a savings of \$50)

† Offer valid one time, per person, for anyone who has
never purchased a personal training session.
Only valid for personal training.

**For more information on personal or reformer training, contact
Debra Saper at 847.353.7512 or dsaper@bgparks.org.**

TRAINING

Personal Training

Personal training improves all aspects of fitness with the help of a certified personal trainer. Set goals and maximize your results with an appropriate and safe exercise program customized for you. For more information on our training programs, contact Debra Saper at 847.353.7512 or dsaper@bgparks.org.

30-minute single-session individual rates:	\$37 Member/\$47 Nonmember
60-minute single-session individual rates:	\$65 Member/\$75 Nonmember
30-minute single-session buddy rates:	\$27 Member/\$37 Nonmember
60-minute single-session buddy rates:	\$45 Member/\$55 Nonmember

MEMBER

30-Minute Personal Training - Individual

5-Pack	10-Pack	15-Pack	20-Pack
\$35/session	\$33/session	\$31/session	\$30/session
\$176	\$333	\$472	\$592
Save 5%	Save 10%	Save 15%	Save 20%

60-Minute Personal Training - Individual

5-Pack	10-Pack	15-Pack	20-Pack
\$62/session	\$59/session	\$55/session	\$52/session
\$309	\$585	\$829	\$1040
Save 5%	Save 10%	Save 15%	Save 20%

30-Minute Personal Training - Buddy*

5-Pack	10-Pack	15-Pack	20-Pack
\$26/session	\$24/session	\$23/session	\$22/session
\$128	\$243	\$344	\$432
Save 5%	Save 10%	Save 15%	Save 20%

*Buddy rates are per person, based on 2 people

60-Minute Personal Training - Buddy*

5-Pack	10-Pack	15-Pack	20-Pack
\$43/session	\$41/session	\$38/session	\$36/session
\$214	\$405	\$574	\$720
Save 5%	Save 10%	Save 15%	Save 20%

*Buddy rates are per person, based on 2 people

Meet Our Trainers

For information on our personal and reformer trainers, visit [bgfitness.org/Personal & Reformer Training](http://bgfitness.org/Personal%20&%20Reformer%20Training).

Savings are calculated based on the single-session rate. All training packages expire 1 year from the date of purchase.



NONMEMBER

30-Minute Personal Training - Individual

5-Pack	10-Pack	15-Pack	20-Pack
\$45/session	\$42/session	\$40/session	\$38/session
\$223	\$423	\$599	\$752
Save 5%	Save 10%	Save 15%	Save 20%

60-Minute Personal Training - Individual

5-Pack	10-Pack	15-Pack	20-Pack
\$71/session	\$68/session	\$64/session	\$60/session
\$356	\$675	\$956	\$1200
Save 5%	Save 10%	Save 15%	Save 20%

30-Minute Personal Training - Buddy*

5-Pack	10-Pack	15-Pack	20-Pack
\$35/session	\$33/session	\$31/session	\$30/session
\$176	\$333	\$472	\$592
Save 5%	Save 10%	Save 15%	Save 20%

*Buddy rates are per person, based on 2 people

60-Minute Personal Training - Buddy*

5-Pack	10-Pack	15-Pack	20-Pack
\$52 session	\$50/session	\$47 session	\$44/session
\$261	\$495	\$701	\$880
Save 5%	Save 10%	Save 15%	Save 20%

*Buddy rates are per person, based on 2 people

Meet Our Trainers

For information on our personal and reformer trainers, visit [bgfitness.org/Personal & Reformer Training](http://bgfitness.org/Personal%20&%20Reformer%20Training).

Savings are calculated based on the single-session rate. All training packages expire 1 year from the date of purchase.

TRAINING

Reformer Training

Reformer training is for the novice exerciser or the elite athlete. Improve your balance, posture and joint mobility under the guidance of our certified Pilates reformer trainers. For more information on our training programs, contact Debra Saper at 847.353.7512 or dsaper@bgparks.org.

Single-session individual rates: \$67 Member/\$77 Nonmember

Single-session duet rates: \$47 Member/\$57 Nonmember

MEMBER

60-Minute Reformer Training

5-Pack	10-Pack	15-Pack	20-Pack
\$63 session	\$60 session	\$57 session	\$54 session
\$318	\$603	\$855	\$1072
Save 5%	Save 10%	Save 15%	Save 20%

60-Minute Reformer Training - Duet*

5-Pack	10-Pack	15-Pack	20-Pack
\$45 session	\$42 session	\$40 session	\$38 session
\$224	\$423	\$600	\$752
Save 5%	Save 10%	Save 15%	Save 20%

*Duet rates are per person, based on 2 people

NONMEMBER

60-Minute Reformer Training

5-Pack	10-Pack	15-Pack	20-Pack
\$73 session	\$69 session	\$65 session	\$62 session
\$366	\$693	\$982	\$1232
Save 5%	Save 10%	Save 15%	Save 20%

60-Minute Reformer Training - Duet*

5-Pack	10-Pack	15-Pack	20-Pack
\$54 session	\$51 session	\$48 session	\$46 session
\$271	\$513	\$727	\$912
Save 5%	Save 10%	Save 15%	Save 20%

*Duet rates are per person, based on 2 people

Meet Our Trainers

For information on our personal and reformer trainers, visit [bgfitness.org/Personal & Reformer Training](http://bgfitness.org/Personal%20&%20Reformer%20Training).

Savings are calculated based on the single-session rate. All training packages expire 1 year from the date of purchase.

GROUP TRAINING

Reformer Small Group 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 with desire to gain posture awareness. Using perfect alignment, we will strengthen and sculpt the body while maximizing the core. For more information, contact Debra Saper at 847.353.7512 or dsaper@bgparks.org.

Age: 16 years and up

Code	Day	Date	Time	M/NM Fee
411410-03	Sun	Mar 17 - Apr 14	10:15 - 11:15 am	\$125/\$155
411410-01	Mon	Mar 18 - Apr 15	5:30 - 6:30 pm	\$125/\$155
411410-05	Sat	Mar 23 - Apr 20	9 - 10 am	\$125/\$155
411410-04	Sun	Apr 21 - May 19	10:15 - 11:15 am	\$125/\$155
411410-02	Mon	Apr 22 - May 20	5:30 - 6:30 pm	\$125/\$155
411410-06	Sat	Apr 27 - May 25	9 - 10 am	\$125/\$155

Instructor: Reformer Trainers

Group Reformer Training

This Pilates reformer small group class is ideal for the experienced student who has completed an introductory reformer class. For more information, contact Debra Saper at 847.353.7512 or dsaper@bgparks.org.

Age: 16 years and up

Code	Day	Date	Time	M/NM Fee
411411-09	Thu	Mar 21 - Apr 18	6 - 7 pm	\$125/\$155
411411-10	Thu	Apr 25 - May 23	6 - 7 pm	\$125/\$155

Instructor: Reformer Trainers

Intermediate/Advanced Reformer

Advanced reformer participant has done group reformer classes for a while and is ready to progress to new challenges. Must be able to adjust quickly to variations and has established good balance and can activate muscles on cue with little instructor adjustment help. For more information, contact Debra Saper at 847.353.7512 or dsaper@bgparks.org.

Age: 16 years and up

Code	Day	Date	Time	M/NM Fee
411413-01	Thu	Mar 21 - Apr 18	7 - 8 pm	\$125/\$155
411413-02	Thu	Apr 25 - May 23	7 - 8 pm	\$125/\$155

Instructor: Reformer Trainers

Personal Training Stretch Session



Stretching properly helps to release tight muscles and improves movement. It also relaxes and restores your body to feeling better. Try a 15-minute session and lose the aches and pains that may limit your activity.

Single Session

(15-minute session)

\$20 Member/\$25 Nonmember

5-Session Pack

(15-minute sessions)

\$95 Member/\$119 Nonmember

For more information, contact Debra Saper at 847.353.7512 or dsaper@bgparks.org.

SPECIALTY PROGRAMS

Adult Balance & Flexibility

Flexibility exercise can improve overall ease of movement, decrease stress on joints, and reduce risk of injury. Flexibility exercises help improve blood flow to the muscles; stretching an injured muscle will also help speed up your recovery. For more information, contact Debra Saper at 847.353.7512 or dsaper@bgparks.org.

Age: 18 years and up

Code	Day	Date	Time	M/NM Fee
411441-01	Sun	Mar 3 - Mar 24	11 am - 12 pm	\$88/\$104
411441-02	Sun	Apr 7 - Apr 28	11 am - 12 pm	\$88/\$104

Instructor: Staff



Swim For Fitness

This class is for the adult who wants to get comfortable in the water, learn swim strokes, breathing techniques, and get fit. For more information, contact Debra Saper at 847.353.7512 or dsaper@bgparks.org.

Age: 18 years and up

Code	Day	Date	Time	M/NM Fee
411446-02	Thu	Apr 18 - May 23	6 - 6:45 pm	\$108/\$132

Instructor: Staff

Warm Water Arthritis

Our specially designed classes help you alleviate health issues, increase joint range of motion, build muscle strength, reduce pain and stiffness, and experience a better quality of life. Classes are held in our 92-degree warm-water therapy pool and taught by a nationally certified instructor. For more information, contact Debra Saper at 847.353.7512 or dsaper@bgparks.org.

Level 1

Allow your joints and muscles to flow freely as you are guided through a series of exercises that assist in pain relief and stiffness caused by inflammation and arthritis. These classes help with multiple joint, nerve and chronic pain issues.

Age: 18 years and up

Code	Day	Date	Time	M/NM Fee
411430-02	Tue	Mar 12 - May 28	10 - 10:45 am	\$100/\$130
411430-04	Thu	Mar 14 - May 30	10 - 10:45 am	\$120/\$156
411430-01	Mon	Mar 18 - May 20	5:45 - 6:30 pm	\$100/\$130

Instructor: Staff

Level 2

These classes are more challenging than Level 1. Here you will exercise with synchronized movements and water-specific strength equipment designed to improve your range of motion, balance and flexibility.

Age: 18 years and up

Code	Day	Date	Time	M/NM Fee
411431-02	Thu	Mar 14 - May 30	11 - 11:45 am	\$120/\$156
411431-01	Mon	Mar 18 - May 20	10 - 10:45 am	\$100/\$130

Instructor: Staff

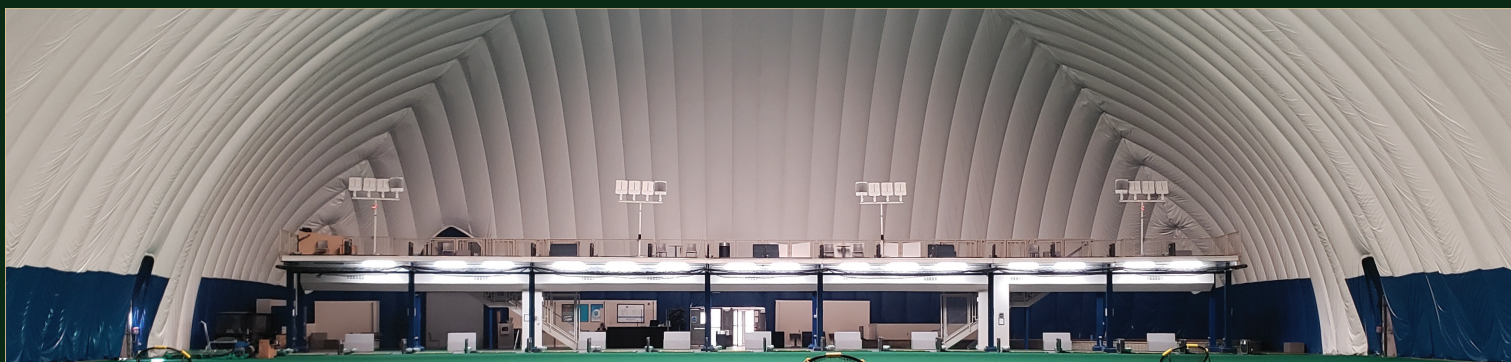
Pickleball

Court times are free to members.

Reserve a court time by going to our app or to bgfitness.org/Reservations. Reservations can be made no earlier than 72 hours ahead of time and are limited to 2 per day.

Connect with other pickleball enthusiasts in the Buffalo Grove area. Join our BG Pickleball group page on Facebook. Remember to answer the 3 questions.





BUFFALO GROVE
FRIENDS OF THE PARKS
FOUNDATION

PRESENTS

HAPPY HOUR GOLF

When

Friday, April 19
6 - 8:30 pm

Where

Golf Dome
801 McHenry Road

Join us for...

- Golf contests with prizes
- Light appetizers provided
- Raffle prizes
- Beer and wine available for purchase
- Bring your own golf clubs (*clubs will be available*)

\$30 per person - register as a foursome or you will be paired individually.

All proceeds will benefit the Foundation's fee assistance program for active military families and families in need.



Tickets can be purchased at bgparks.org by scanning the QR code or in person at the Alcott Center Monday - Friday from 8:30 am - 5 pm. For more information, contact Mike Pfeiffer at 847.850.2108 or mikep@bgparks.org.

SPECIALTY PROGRAMS

Adult Boxing Fitness

If you are looking to get in shape, or want to learn boxing techniques, this small group training is for you. Please bring a towel and water. For more information, contact Debra Saper at 847.353.7512 or dsaper@bgparks.org.

Age: 16 years and up

Code	Day	Date	Time	M/NM Fee
411447-01	Mon	Mar 18 - Apr 15	6:30 - 7:30 pm	\$90/\$110
411447-02	Mon	May 6 - Jun 3	6:30 - 7:30 pm	\$90/\$110

Instructor: Staff

Spring Fit Challenge

Join our weight loss program, designed specifically to help you boost your metabolism, burn calories, melt fat, and ultimately shed pounds. Research states smaller groups give you bigger results. For more information, contact Debra Saper at 847.353.7512 or dsaper@bgparks.org.

Age: 16 years and up

Code	Day	Date	Time	M/NM Fee
411435-01	Tue	Apr 2 - Apr 30	6:30 - 7:30 pm	\$90/\$110
411435-02	Tue	May 7 - May 28	6:30 - 7:30 pm	\$72/\$88

Instructor: Staff

TRX Core Training

TRX is an effective core exercise. Many studies have shown that TRX forces you to engage more muscles than you would with a regular workout, with the benefits of engaging your core with every exercise. All fitness levels are welcome. For more information, contact Debra Saper at 847.353.7512 or dsaper@bgparks.org.

Age: 16 years and up

Code	Day	Date	Time	M/NM Fee
411443-04	Wed	Mar 20 - Apr 17	5:30 - 6:15 pm	\$50/\$65
411443-05	Wed	May 1 - May 22	5:30 - 6:15 pm	\$40/\$52

Instructor: Staff



You do not need to be a member of the Fitness Center to participate in any of our specialty programs; however, if you are currently a member, the program fee is discounted.



YOUTH SPECIALTY PROGRAMS

Youth Fitness

This is group fitness training for youth who are looking to experience all a fitness center has to offer in exercise. Each day will focus training on a variety of formats, such as body weight, light strength training, cardio fitness, and boot camp-style circuits. Please bring a water bottle. For more information, please contact Debra Saper at 847.353.7512 or dsaper@bgparks.org.

Age: 10 - 14 years

Code	Day	Date	Time	ID/OD* Fee
461483-01	Tue	Mar 12 - Apr 16	5:30 - 6:30 pm	\$108/\$132
461483-02	Tue	May 7 - May 28	5:30 - 6:30 pm	\$72/\$88

Instructor: Staff



Teen Boxing

Students who have mastered boxing basics may advance a level to continue challenging themselves mentally and physically. The instructor may suggest going back to boxing basics if you're not ready for the advanced level. For more information, contact Debra Saper at 847.353.7512 or dsaper@bgparks.org.

Age: 13 - 16 years

Code	Day	Date	Time	ID/OD* Fee
461484-01	Wed	Mar 13 - Apr 17	6:30 - 7:30 pm	\$108/\$132
461484-02	Wed	May 8 - May 29	6:30 - 7:30 pm	\$90/\$110

Instructor: Staff

Youth Boxing Basics

Youth boxing focuses on technique and discipline, while building strength, endurance, flexibility and mental strength. For more information, please contact Debra Saper at 847.353.7512 or dsaper@bgparks.org.

Age: 10 - 15 years

Code	Day	Date	Time	ID/OD* Fee
461470-01	Fri	Mar 15 - Apr 19	5:30 - 6:30 pm	\$108/\$132
461470-02	Fri	May 10 - May 31	5:30 - 6:30 pm	\$72/\$88

Instructor: Staff

Youth Self-Defense

Join martial arts instructor Anthony Woodby as he shares his years of knowledge and practical martial arts skills in this fun and practical class designed to help teens gain confidence. This 4 week class focuses predominantly on functional, practical self-defense training that prepares tweens and teenagers for realistic situations. Learn to defend, block, strike and get out of situations to get help. Walk away with new skills, confidence and practical experience. For more information, contact Debra Saper at 847.353.7512 or dsaper@bgparks.org.

Age: 13 - 16 years

Code	Day	Date	Time	ID/OD* Fee
461444-01	Fri	Mar 15 - Apr 19	6:30 - 7:30 pm	\$108/\$132

Instructor: Staff

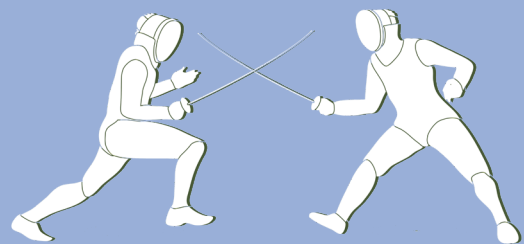
Beginner & Intermediate Sabre Fencing

Taught by USA Fencing coaches, this program is for beginner and experienced fencing students. Participants will work on coordination, balance and speed, along with blade and footwork. Sabre fencing techniques will be taught. Membership to USA Fencing is required. **Please note:** Gym shoes are required to participate in class. Intermediate class members must have their own equipment. Family discounts are available for classes. The first member of the family pays full price, all others will take 20% off. For more information, including class times and fees, please contact Jenay Gordon at 847.353.7577 or jgordon@bgparks.org.

Fencing Private Lessons

Private fencing lessons in foil and sabre are available in 30-minute sessions and are scheduled in advance by coordinating with coaches. Students will work on coordination, balance and speed, along with blade and footwork. For more information, contact Jenay Gordon at 847.353.7577 or jgordon@bgparks.org.

Fencing Starter Pack



The introduction to fencing starter pack is designed for new fencing students. The pack is open to all ages and all levels and is recommended for anyone who wants to participate in group classes.

Each Starter Pack includes
5 private 30-minute sessions and
2 group classes for
\$250
(That's a savings of \$110)

This offer is valid one time, per person, for anyone who has never purchased private fencing lessons. Starter pack lessons expire 30 days from the first scheduled lesson. Equipment will be provided for use during each lesson. Cancellation must be made no less than 24 hours in advance of a session or class, or you will be charged for the lesson.

For more information, email Jenay Gordon at
jgordon@bgparks.org.

GENERAL INFORMATION

Membership Cards

- Members are required to scan their membership card at the front desk each time they visit the facility.
- Lost cards can be replaced for a \$5 fee.
- Members are required to keep all of their information regarding employment, address and contact information current. If it is found that information is not correct, the Fitness Center has the right to charge in arrears for incremental dues owed. Discounts and changes to membership rates will not go into effect until member informs the Fitness Center of the change.

Guest Passes/Daily Visits

- Each monthly membership household receives 6 complimentary guest passes every year. Annual membership households receive an additional 3 guest passes, for a total of 9 per term. Guest passes may be used for a daily visit. Restrictions apply.
- The third Friday of each month is Free Guest Friday. Guests must be at least 16 years old and provide a valid photo ID. Two guests per active member are permitted. Member must be present.
- Guests without a complimentary guest pass will be charged \$15 per daily visit.
- All guests must sign a waiver prior to using the facility.

Facility Usage

- Unlimited facility usage is allowed for members ages 16 or older or members ages 14-15 that have completed our Teen Fitness Orientation.
- Pool usage is only permitted for members 16 or older when a lifeguard is present. No one under the age of 16 is permitted in the whirlpool at any time.
- All individuals are expected to follow facility rules. Disregard or abuse of facility rules may result in removal from the facility for a designated length of time or permanently.

Group Exercise

- Group exercise classes are free for all members age 16 and older and are available to nonmembers who pay for a daily visit pass.
- Reservations for live classes can be made online up to 6 days prior and 30 minutes before the class starts by going to bgfitness.org and clicking on Group Exercise Reservations.
- Walk-in reservations are welcome, if space is available. Please refrain from entering a live class already in session, so as not to interrupt the instructor or participating attendees.
- Reservations for virtual classes can be made online up to 2 weeks prior and to the start of class by going to bgfitness.org and clicking on Group Exercise Reservations.
- Group exercise schedule is subject to change without advanced notice.

Specialty Program and Group Training Program Refunds

- Full refunds will be issued for any program canceled by the Fitness Center and Park District.
- Participants may request refunds for programs up to 5 business days before the program's first meeting.
- Refunds received with less than 5 business days notice will only be issued for a medical problem, when accompanied by a doctor's note.
- Once a program has ended, a refund will not be issued.
- A \$5 administration fee will be charged against your refunds, including medical problems, to cover clerical and administrative costs. There are no administrative fees charged when a program is canceled by the Park District.
- Makeup classes are not permitted for any missed classes by a participant.
- Refund processing takes 7 - 10 business days.

Training

- No refunds on training sessions will be given. Training packages expire 1 year from the date of purchase.
- A cancellation notice must be received no less than 24 hours in advance of the scheduled training session. All cancellations with less than 24 hours notice will be penalized one training session.
- Sessions cancelled by the Fitness Center will result in a makeup session to be scheduled with current trainer.

Monthly Dues

- Monthly membership dues are paid via EFT (Electronic Funds Transfer) from a credit card or checking account on the first of each month.
- The Fitness Center can only accept one type of payment per household.
- Household charges are now billed on the first of the month.
- A \$15 fee will be charged each time a member's credit card is declined or bank account has insufficient funds.
- Members are responsible for ensuring that their most up-to-date payment information is on file including account numbers and expiration dates. The Fitness Center will not be responsible for any fees charged due to incorrect payment information.
- Annual memberships are available, but must be paid in full at the time of enrollment.

Freeze Policy

- Members have the ability to freeze or suspend their membership in monthly increments, starting on any day of the month for medical or nonmedical reasons. Requests must be submitted in person in writing at our Guest Services desk on or before the last day of the month.
- Membership must be current in order to freeze.
- Nonmedical freezes may not exceed 4 months within a calendar year, must be taken consecutively and cannot be taken within the first 3 months of membership. A \$10 fee will be charged per member upfront for each month on freeze.
- Medical freezes may be taken at no charge for up to 6 months. If freeze will be longer than 6 months the membership will be canceled. Upon members return, no administrative rejoining fee will be charged.
- Medical freezes must be accompanied by a licensed physician's note at the time of the freeze request. Reactivating your account after a medical freeze will also require a licensed physician's note.

Cancellation Policy

- All cancellation requests must be submitted in writing on or before the last day of the month in order to avoid being charged next month's dues. Cancellation requests submitted after the last day of the month will not be processed until the following month. Charges incurred due to improper or late cancellation requests will not be refunded or waived.
- There is no fee to cancel, unless specifically identified with a promotion; however, a \$100 administrative fee will be charged to anyone who wishes to rejoin within 12 months of cancelling their membership. Individuals from the same household must rejoin at the same time to avoid a \$100 per person administrative fee.
- Membership must be current in order to cancel.

Cell Phones

- Please limit the use of cell phones to the lobby and keep calls quiet and brief. Cell phones are not permitted in the locker rooms, restrooms, steam rooms, or sauna. Please consider your safety and privacy, and that of others, when using your cell phone.

Photos

- Members, guests and participants of programs at the Fitness Center permit the Park District to take photos and videos of themselves and their children for publication in the program brochure, website and additional uses as the Fitness Center and Park District deem necessary unless the member, guest and participant expressly file with the Park District a written objection as to photos or videos of themselves and/or their children.