

Fitness & Wellness

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 Megan Baird at 847.850.2119 or megan@bgparks.org.

Age: 16 years and up

Code	Day	Date	Time	ID/OD Fee
411738-01	Tue	Apr 2 - May 21	7 - 8 pm	\$86/\$108
411738-02	Thu	Apr 4 - May 23	7 - 8 pm	\$86/\$108

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 Megan Baird at 847.850.2119 or megan@bgparks.org.

Age: 18 years and up

Code	Day	Date	Time	ID/OD Fee
411702-01	Wed	Apr 3 - May 22	9 - 9:45 am	\$57/\$72

Instructor: Sotelo

Location: Emmerich Park

Forever Fit ^S

Have you been talking about getting in shape but have not (for whatever reason) 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 who 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 coed, nonintimidating class. For more information, contact Megan Baird at 847.850.2119 or megan@bgparks.org.

Age: 18 years and up

Code	Day	Date	Time	ID/OD Fee
411712-01	Tue	Apr 2 - May 21	10:15 - 11 am	\$54/\$68
411712-02	Thu	Apr 4 - May 23	10:15 - 11 am	\$54/\$68

Instructor: Cohen

Location: Emmerich Park



Indicates there is a senior discount available.

Hatha Yoga ^S

Spring yoga focuses on the 7 energy centers (chakras) along with our emphasis on balance, breath, and mindfulness. Hatha yoga in the Himalayan tradition is a gentle and meditative approach. We work to our own capacity, so all levels are welcome. Dress in comfortable clothes that allow movement and bring a sticky mat. For more information, contact Megan Baird at 847.850.2119 or megan@bgparks.org. **No class on May 12.**

Age: 16 years and up

Code	Day	Date	Time	ID/OD Fee
411737-01	Sun	Apr 7 - May 19	9 - 10:15 am	\$63/\$79

Instructor: Chamberlain

Location: Alcott Center



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:

- + Reformer Basics
- + Small Group Reformer Training
- + Boxing and Adult Weightlifting
- + Warm-Water Arthritis
- + Swim for Fitness and Master Swim
- + Youth Fitness
- + Youth Boxing
- + 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.

bgfitness.org



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 equipment 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, whirlpool, and sauna
- + Indoor track
- + Free group exercise classes, both live and virtual
- + Outdoor fitness platform
- + 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-exercise studio
- + Yoga studio
- + Mat studio
- + Mind-body studio
- + Spin studio
- + Specialty programming
- + Corporate wellness programs
- + Weight-loss programs

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



This pass allows one daily entry to our full-service facility for \$15.



This pass offers 10 visits for \$150, and get 2 free visits. Plus there's no expiration, and it can be used at any time.



Fitness Center Hours

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

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