

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. (ML)

Age: 18 years and up

Code	Day	Date	Time	R/NR Fee
38581	Tue	Sept 10 - Dec 17	9:45 - 10:30 am	\$45/\$56
38582	Thu	Sept 12 - Dec 19	9:45 - 10:30 am	\$42/\$53

Instructor: Barnett

Location: Emmerich Park

Step 'N Strength

This class alternates between segments of step aerobics to burn calories and fat, and sculpting work to tone your body, thereby increasing your body's metabolism. Some segments are longer, while some are shorter drill-type segments to allow your body to continue burning calories and fat long after the class is over. While this is not a beginner class (as far as the stepping is concerned), the choreography on the step stays the same from week to week, allowing you time to get the steps if they seem tricky at first. The sculpting segments change from week to week; and, we will use a variety of equipment for muscle work, including hand weights, weighted bars, stability balls, resistance tubes, core discs, and your own body weight. Core work and stretching are always included in this fun, non-intimidating class as well. (ML)

Age: 16 years and up

Code	Day	Date	Time	R/NR Fee
38597	Wed	Sept 4 - Dec 18	9:15 - 10:15 am	\$76/\$95
38595	Mon	Sept 9 - Dec 16	7:05 - 8:05 pm	\$71/\$89
38596	Wed	Sept 11 - Dec 18	8:05 - 9:05 pm	\$71/\$89

Instructor: Nelson

Location: Emmerich Park

38598 Sat Sept 7 - Dec 21 8:45 - 9:45 am \$67/\$83

Instructor: Nelson

Location: Alcott Center

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. (ML)

Age: 16 years and up

Code	Day	Date	Time	R/NR Fee
38583	Tue	Sept 10 - Dec 17	8:30 - 9:30 am	\$71/\$89
38584	Thu	Sept 12 - Dec 19	8:30 - 9:30 am	\$67/\$83

Instructor: Barnett

Location: Emmerich Park

Mat Pilates

Pilates certified instructor Lois Nelson will take you through a class that is designed for all ages and abilities. Pilates is a total body conditioning exercise method that integrates mind, body and breath to help you achieve your goals. The benefits are many. It focuses on strengthening the powerhouse or core, helps restore your natural balance, improves flexibility, strength and posture, gives sleek and toned muscles, reduces stress, discomfort and pain, helps prevent bone deterioration, and assists pre and post-natal women in breathing, body concentration and recovery of body shape and tone after delivery. Pre and post-natal (less than 6 weeks after delivery) women need a doctor's note to participate. You will need to bring a towel and a roll-up yoga-style mat. (ML)

Age: 16 years and up

Code	Days	Date	Time	R/NR Fee
38587	Wed	Sept 4 - Dec 18	10:30 - 11:30 am	\$104/\$130
38585	Mon	Sept 9 - Dec 16	9:25 - 10:25 am	\$98/\$122
38586	Mon	Sept 9 - Dec 16	8:15 - 9:15 pm	\$98/\$122

Instructor: Nelson

Location: Emmerich Park

Ball Pilates

This class provides the same benefits as the Mat Pilates class; however, the addition of the stability ball adds fun and variety while increasing the focus on the core muscles. (ML)

Age: 16 years and up

Code	Days	Date	Time	R/NR Fee
38588	Fri	Sept 6 - Dec 20	9:25 - 10:25 am	\$98/\$122

Instructor: Nelson

Location: Emmerich Park

20% Senior Discount



This symbol indicates programs that are eligible for the 20% discounted fee.

Express Intervals

Working at your own pace and fitness level, this class uses high intensity interval training (HIIT) and boot camp-type training methods to crank up your body's ability to burn calories and fat. This class alternates between high energy/intensity cardio segments and either rest or sculpting recovery segments. The shortness of these bursts (30 - 60 seconds) allows you to work to your own personal highest intensity level. This high and low pattern helps to improve both your aerobic and anaerobic energy systems. There is some plyometric work, but modifications are always made for those who want a lower impact workout. A variety of equipment will be used from week to week, including hand weights, weighted bars, resistance tubes, stability balls, steps, core discs and more for a fun, non-intimidating total body workout. (ML)

Age: 16 years and up

Code	Day	Date	Time	R/NR Fee
38594	Fri	Sept 6 - Dec 20	8:30 - 9:15 am	\$53/\$67
38593	Mon	Sept 9 - Dec 16	8:30 - 9:15 am	\$53/\$67

Instructor: Nelson

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! **No class on October 31 and November 28.** (CE)

Age: 16 years and up

Code	Day	Date	Time	R/NR Fee
38862	Sun	Sept 15 - Dec 15	9 - 10 am	\$134/\$168
38860	Tue	Sept 17 - Dec 17	7 - 8 pm	\$134/\$168
38861	Thu	Sept 19 - Dec 19	7:05 - 8:05 pm	\$115/\$145

Instructor: Sotelo

Location: Alcott Center



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. **No class on October 31 and November 28.** (CE)

Age: 18 years and up

Code	Day	Date	Time	R/NR Fee
38863	Thu	Sept 26 - Dec 19	9:30 - 10:15 am	\$55/\$70

Instructor: Sotelo

Location: Alcott Center



Zumba Toning

It's an exciting, Latin inspired, dance 'n tone program. This is the original dance-fitness class taken to the next level. Zumba® Toning is an innovative muscle training program with the addition of light weight toning sticks. We provide the 2 ½ pounds, sand filled toning sticks, which are very similar to maracas. In a relatively short period of time, this challenging workout helps in building coordination and muscle endurance. The new and exciting Zumba® Toning program is designed to offer the participant a safe, yet effective total body toning workout! Previous Zumba® experience (at least one session) is required before taking the Zumba® Toning class. **No class on October 31 and November 28.** (CE)

Age: 16 years and up

Code	Day	Date	Time	R/NR Fee
38864	Thu	Sept 19 - Dec 19	6 - 7 pm	\$115/\$145

Instructor: Sotelo

Location: Alcott Center



Beginner Step Aerobics Workshop

Have you always wanted to give step aerobics a try, but were too intimidated? Fear no more! This 2-week workshop is designed to introduce participants to the basics of step aerobics exercise. Day one will consist of learning and practicing the basic steps and fundamentals of this type of exercise. On day 2, you will begin to learn step patterns and the choreography of several different step patterns that are put together to create a routine. This class will prepare you to take the popular step and strength classes that are offered. No prior step experience is required. You will also receive an informational handout on the first day that lists steps, DVDs and websites that will help you continue to learn and become more comfortable with this type of exercise. **No class on September 14.** (ML)

Age: 16 years and up

Code	Day	Date	Time	R/NR Fee
38589	Sat	Sept 7 - Sept 21	1 - 1:45 pm	\$6/\$7

Instructor: Nelson

Location: Emmerich Park



Fitness MMA Conditioning

This program uses the conditioning methods of mixed martial arts (MMA) professionals to enable men and women to achieve the lean, fit body of an MMA fighter. T.O.P. staff will lead you through a total body workout that will help develop strength and burn fat. Every class consists of drills from the MMA disciplines, including aerobic exercises such as shadow boxing and footwork, anaerobic exercises such as punching/kicking, focus mitts and use grappling bags in muscle-building resistance exercises, and much more. The class is non-contact between participants, but contact with mitts and exercise equipment is used. **No class on October 14, November 11, 25 and 27.** (CE)

Age: 16 years and up

Code	Day	Date	Time	Fee
39017	Mon	Sept 9 - Dec 16	7 - 8 pm	\$120
39018	Wed	Sept 11 - Dec 18	7 - 8 pm	\$140
39019	Mon, Wed	Sept 9 - Dec 18	7 - 8 pm	\$225

Instructor: Ripp

Location: Aptakasic Junior High School



Hatha Yoga

In this combined Hatha yoga class, we'll explore the connections between mind, body and breath. You'll learn techniques to help you relax and reduce stress. Additional benefits include flexible joints, elongated muscles and increased energy. Hatha yoga in the Himalayan tradition is a gentle and meditative approach. In yoga we all work to our own capacity, so all levels are welcome. You may bring a sticky mat or use the ones provided and dress for comfortable movement. **No class on November 27.** (CE)

Age: 16 years and up

Code	Day	Date	Time	R/NR Fee
38764	Sun	Sept 8 - Nov 24	9 - 10:15 am	\$130/\$163
38765	Wed	Sept 11 - Dec 4	6:30 - 7:45 pm	\$130/\$163

Instructor: Chamberlain, CYT Location: Alcott Center

Chair Yoga

Get fit while you sit. Inhale, exhale, stretch and bend as you release your stress with Yida. If you can breathe, you can do Chair Yoga. This more gentle form of yoga has caught on. You no longer have to get down on a yoga mat because this yoga class is done sitting in, and standing, holding on to your chair. It is easier on those less limber muscles and is known to improve balance, increase your energy and relieve stress and tension. Please bring your yoga mat or a beach towel with you. **No class on September 5 and November 28.** (TE)

Age: 16 years and up

Code	Day	Date	Time	R/NR Fee
38607	Mon	Aug 26 - Oct 21	4:30 - 5:30 pm	\$60/\$68
38604	Thu	Aug 29 - Oct 24	4:30 - 5:30 pm	\$60/\$68
38606	Tue	Sept 3 - Oct 22	9:15 - 10:15 am	\$60/\$68
38608	Mon	Oct 28 - Dec 16	4:30 - 5:30 pm	\$60/\$68
38605	Tue	Oct 29 - Dec 17	9:15 - 10:15 am	\$60/\$68
38603	Thu	Oct 31 - Dec 19	4:30 - 5:30 pm	\$52/\$59

Instructor: Nahar, ERYT Location: Alcott Center

Yogic Breathing Workshop

Breath is respiration, life, vitality, energy and strength. Your breath is an essential connection between your own mind and body, and between you and this world. Explore the 3-way connection between mind, body and breath. We will discuss and demonstrate several breathing techniques in the Yogic Breath Regulation System. You'll discover that you can actually alter the state of mind and body through right kind of breathing. Regular practice of Pranayam (breath regulation) helps prevent frequent sinus infections, runny/blocked noses, and helps with relaxation. Please bring your yoga mat or a beach towel with you. (TE)

Age: 16 years and up

Code	Day	Date	Time	R/NR Fee
38601	Tue	Oct 8	6 - 8 pm	\$25/\$30

Instructor: Nahar, ERYT Location: Alcott Center

Yoga For A Healthy Back Workshop

Nearly 90% of American adults suffer from back pain, and the number continues to climb. Much of our back pain results from how we hold ourselves and how we move. Join us to learn simple yoga postures and movement techniques that will help you keep your back in good shape. Don't give up on your back. Take back your back by learning and practicing these preventive and healing movements. Please bring your yoga mat or a beach towel with you. (TE)

Age: 16 years and up

Code	Day	Date	Time	R/NR Fee
38600	Tue	Sept 10	6 - 8 pm	\$25/\$30

Instructor: Nahar, ERYT Location: Alcott Center

Sixth Sense Yoga Workshop

Develop your intuition, sixth sense, sixth chakra by practicing yoga blind-folded in this workshop to experience the sight unseen. Our eyes constantly draw us into the outside world with so many stimulants that we forget to go within, to trust our inner self. Eyes also take over our other senses. Closing your eyes through this entire workshop will sharpen your other senses. Participate to experience it. Please bring your yoga mat or a beach towel with you. (TE)

Age: 16 years and up

Code	Day	Date	Time	R/NR Fee
38602	Tue	Nov 12	6 - 8 pm	\$25/\$30

Instructor: Nahar, ERYT 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. We recommend that first time students attend the beginning classes before taking the continuing course. **No class on October 23 and November 27.** (CE)

Age: 18 years and up

Code	Level	Day	Date	Time	R/NR Fee
38749	Beginning	Wed	Sept 11 - Oct 16	7 - 8 pm	\$65/\$81
38751	Beginning	Wed	Oct 30 - Dec 11	7 - 8 pm	\$65/\$81
38753	Beginning	Wed	Sept 11 - Dec 11	7 - 8 pm	\$130/\$162
38750	Continuing	Wed	Sept 11 - Oct 16	7 - 8 pm	\$65/\$81
38752	Continuing	Wed	Oct 30 - Dec 11	7 - 8 pm	\$65/\$81
38754	Continuing	Wed	Sept 11 - Dec 11	7 - 8 pm	\$130/\$162

Instructor: Fugate Location: Alcott Center



KEEP ON MOVING.

Whether it's walking the dog, playing a game of tag in the yard, or raking the leaves, at Athletico we believe there is freedom from pain. Stop by Athletico Buffalo Grove. Get a complimentary injury screening. Find out what's wrong, and start living life pain free.

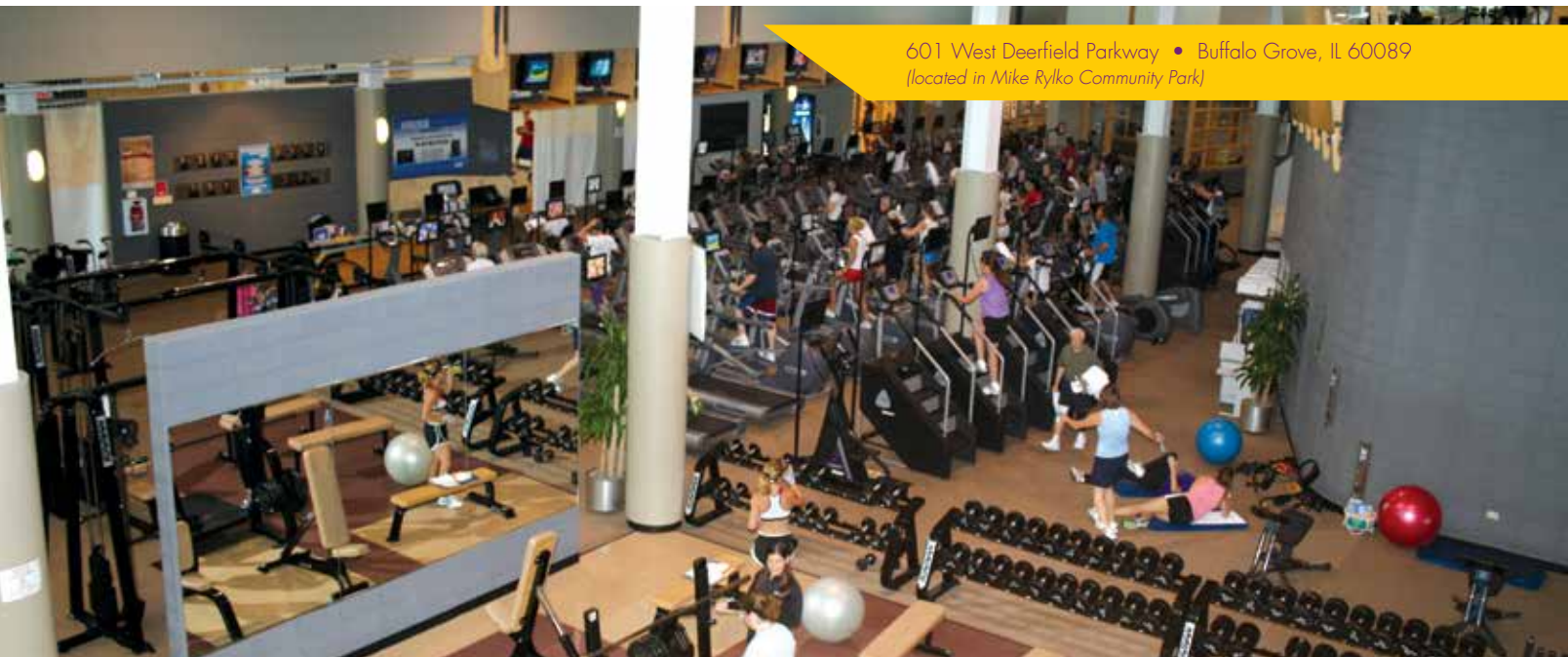
Athletico Buffalo Grove
Buffalo Grove Fitness Center
601 Deerfield Pkwy., 847-215-0022

ATHLETICO
PHYSICAL THERAPY
Better for every body.®

BUFFALO GROVE FITNESS CENTER

CLUB INDUSTRY
TOP 100

Named one of Club Industry's Top 100 Fitness Centers in the United States for the third consecutive year.



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

The Fitness Floor

- Cardiovascular and Weight Resistance Equipment featuring state of the art equipment from Life Fitness, Precor, Hammer Strength, Stairmaster, Free Motion, NuStep, and Magnum.
- Aquatics Area featuring 5-lane lap pool, warm water therapy pool, sauna, and whirlpool.
- Special Programs include varieties of Taekwondo, swim lessons and youth programming.
- Kids Club featuring indoor and outdoor activity areas, XerPro Sportwall® and crafts.
- Yoga and Pilates studios.
- Women's Workout Room
- Personal Training
- Group Exercise
- Spa Services
- Sports Performance Training

Fitness Center Hours

Monday - Thursday	5 am - 10 pm
Friday	5 am - 9 pm
Saturday & Sunday	6 am - 7 pm

Please call the Buffalo Grove Fitness Center for special holiday hours.

847.353.7500 • bgfitness.org

Kids Club

Drop off your children while you exercise at the Buffalo Grove Fitness Center. Kids Club is for children age 3 months - 12 years and includes an outdoor playground, XerPro Sportwall® and crafts. We also offer birthday parties. For more information, please call 847.353.7535.

Training

Our trainers are nationally certified and dedicated to guiding and educating those who wish to embark on a journey of optimal health and fitness. We offer different forms of training and various packages to suit your fitness needs. To learn more about training please contact Sharon Stark at 847.353.7508 or sstark@bgfitness.org.

Personal Training

Improve all aspects of fitness. A certified trainer will design and take you through workouts that will help you to achieve your fitness and/or weight loss goals.

Pilates Training

A contemporary approach to health and well being, Pilates will improve strength, balance, core, posture alignment, and joint mobility. Pilates is a caring method of training, and is often used in physical therapy settings. Our Pilates training staff is certified through an internationally accredited organization.

Sports Performance Training

Training designed to improve several key areas of athletic performance: speed, agility, strength, and explosive power. These key areas give athletes increased levels of athletic ability.

N-Stretch Flexibility Training

Improve range of motion with our N-Stretch flexibility sessions. A certified trainer will take you through a brief assessment to evaluate the muscle length and then assist you in stretching using Contract/Relax techniques.

Heart Strong - Post Cardiac Rehab Program

Heart Strong classes are designed for individuals with limitations and concerns with their cardiac health. Participants will be taken through exercises focused on helping cardiac rehab patients, and those living with chronic obstructive pulmonary disease (COPD). Additionally, these classes will meet the needs of anyone with balance and stability concerns, blood pressure issues, or those who would prefer to be monitored during exercise. Classes are opened to members and nonmembers.



Open To The Public

On-site childcare available

For more information or to schedule your appointment, call Vitality Spa at 847.353.7590.

Vitality Spa welcomes fall with new services to celebrate the season!

Rejuvenate your mind and body with all of the riches the season has to offer!

Enjoy the following specials through **September 30, 2013**.

Call us today to schedule your appointment.

FIRST TIME CLIENTS

We invite you to experience our customized services with highly skilled technicians at Vitality Spa. As a special thank you for trying us we are offering the following first time client discounts.

20% off Massage or Facial services*

*of 50 minutes or more

10% off any nail services

For clients who have never had a service at Vitality Spa, not valid with any other discount or promotion. Not valid toward product or gift card purchases. Must mention discount at time of booking.

VITALITY REWARDS PROGRAM

Earn spa dollars with every service at Vitality Spa. Please inquire with one of our Spa Coordinators to sign up for your Vitality Rewards card today and start earning spa dollars towards your future services!

NEW! EYES FRONT & CENTER

This unique service includes an eyebrow sculpt, hydrating eye treatment, and a lash and brown tint. Only \$50 (value of \$70)

All offers valid until September 30, 2013. Not available in conjunction with any other promotions or offers. Discount may only be used once per person. Offer not valid for retail product items or gift certificates. Coupon must be presented to redeem offer.



Specialty Programs

Warm Water Arthritis

Taking place in our warm water therapy pool, Arthritis Foundation certified instructors will lead you through a series of exercises that can help relieve pain and stiffness caused by arthritis. These classes are also great for Fibromyalgia and pain management. **No class on November 28.**

Age: 16 years and up

Code	Day	Date	Time	M/NM Fee
4101	Mon	Sept 30 - Dec 16	5:45 - 6:30 pm	\$72/\$84

Instructor: Carr **Location:** Buffalo Grove Fitness Center

4103	Wed	Oct 2 - Dec 18	5:45 - 6:30 pm	\$72/\$84
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Instructor: Murtha **Location:** Buffalo Grove Fitness Center

4100	Mon	Sept 30 - Dec 16	10:15 - 11 am	\$72/\$84
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4102	Tue	Oct 1 - Dec 17	10 - 10:45 am	\$72/\$84
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4104	Thu	Oct 3 - Dec 19	10 - 10:45 am	\$66/\$77
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4105	Thu	Oct 3 - Dec 19	10:50 - 11:35 am	\$66/\$77
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4106	Mon	Sept 30 - Dec 16	10:15 - 11 am	\$108/\$120
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	Thu		10:50 - 11:35 am	
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Instructor: Jassin **Location:** Buffalo Grove Fitness Center

Healthy Minds, Healthy Bodies

The Buffalo Grove 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 Buffalo Grove 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.

*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 Buffalo Grove 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 be qualified into the Healthy Minds Healthy Bodies program.

Pilates Reformer & Chair Classes

Reformer and chair classes will improve core strength, flexibility, and joint mobility, along with leaving you feeling tall and refreshed. As Joseph Pilates states, in 10 sessions you will feel the difference, in 20 you will see the difference, and in 30 you will have a whole new body. First time participants must sign up for the Reformer Intro class. **No class on November 28.**

Age: 16 years and up

Reformer Intro

Code	Day	Date	Time	M/NM Fee
4200	Sun	Sept 29 - Dec 15	8 - 9 am	\$352/\$440

Instructor: Brown **Location:** Buffalo Grove Fitness Center

Location: Buffalo Grove Fitness Center

Essential Reformer

Code	Day	Date	Time	M/NM Fee
4205	Thu	Oct 3 - Dec 19	10 - 11 am	\$323/\$404

Instructor: Stark **Location:** Buffalo Grove Fitness Center

4207	Fri	Oct 4 - Dec 20	11 am - 12 pm	\$352/\$440
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4202	Sat	Oct 5 - Dec 21	8 - 9 am	\$352/\$440
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Instructor: Galyayeva **Location:** Buffalo Grove Fitness Center

Location: Buffalo Grove Fitness Center

Essential Reformer & Chair

Code	Day	Date	Time	M/NM Fee
4211	Sun	Sept 29 - Dec 15	9 - 10 am	\$396/\$495

Instructor: Stark **Location:** Buffalo Grove Fitness Center

4208	Fri	Oct 4 - Dec 20	10 - 11 am	\$396/\$495
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Instructor: Galyayeva **Location:** Buffalo Grove Fitness Center

Location: Buffalo Grove Fitness Center

Intermediate Reformer

Code	Day	Date	Time	M/NM Fee
4201	Tue	Oct 1 - Dec 17	7:35 - 8:35 pm	\$352/\$440

Instructor: Alesi **Location:** Buffalo Grove Fitness Center

Location: Buffalo Grove Fitness Center

Intermediate Reformer & Chair

Code	Day	Date	Time	M/NM Fee
4204	Thu	Oct 3 - Dec 19	9 - 10 am	\$363/\$454

Instructor: Stark **Location:** Buffalo Grove Fitness Center

4203	Wed	Oct 2 - Dec 18	6:45 - 7:45 pm	\$396/\$495
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4206	Thu	Oct 3 - Dec 19	6:45 - 7:45 pm	\$363/\$454
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Instructor: Galyayeva **Location:** Buffalo Grove Fitness Center

Location: Buffalo Grove Fitness Center

Advanced Reformer & Chair

Code	Day	Date	Time	M/NM Fee
4209	Sat	Oct 5 - Dec 21	9 - 10 am	\$396/\$495

Instructor: Galyayeva **Location:** Buffalo Grove Fitness Center

Location: Buffalo Grove Fitness Center

TRX Suspension Body Weight Training

TRX Suspension Training is the revolutionary new exercise program that uses your own body weight to build stability, core strength, functional strength, and balance. Our personal and performance trainers will incorporate beginning, intermediate and advanced body weight training techniques with the TRX tools to rev up your workout and boost muscle metabolism.

Age: 16 years and up

Code	Day	Date	Time	M/NM Fee
4300	Mon	Sept 30 - Dec 16	5:45 - 6:35 am	\$220/\$275
4301	Tue	Oct 1 - Dec 17	6 - 6:45 pm	\$220/\$275
4302	Wed	Oct 2 - Dec 18	6 - 6:45 pm	\$220/\$275
4303	Sat	Oct 5 - Dec 21	8 - 8:45 am	\$220/\$275

Instructor: Staff

Location: Buffalo Grove Fitness Center

Zumbatomic

It's time to make fitness a family affair with Zumbatomic! Designed exclusively for kids, Zumbatomic classes are rockin', high-energy fitness-parties packed with specially choreographed, kid-friendly routines, and all the music kids love to groove to in a group, like hip-hop, reggaeton, cumbia and more. Parents love Zumbatomic because of the effects it has on kids, increasing their focus and self-confidence, boosting metabolism and enhancing coordination. Zumbatomic rounds out family fitness goals by giving parents a great reason to head to the gym, for themselves, for their kids, for a totally fun family experience.

Code	Age	Day	Date	Time	M/NM Fee
4400	4-6 years	Wed	Oct 2 - Dec 18	1 - 1:45 pm	\$72/\$96
4401	7-12 years	Tue	Oct 1 - Dec 17	3:45 - 4:30 pm	\$72/\$96

Instructor: Dicker

Location: Buffalo Grove Fitness Center



Group Power

Group Power is a challenging, yet achievable program that uses adjustable barbells, making it ideal for people of all ages and fitness levels. You'll notice a difference in strength, energy level and physical appearance within only a few sessions. As you progress through the course, simply add weight to the barbells. Our certified instructors bring you the choreography of Group Power as created by exercise science doctors, who specialize in sharing unique and effective fitness programs around the world. A minimum of 8 participants required.

Code: 4620 M/NM Fee: \$320/\$400

Day	Date	Time
Sun	Sept 29 - Dec 15	8 - 9 am
Tue	Oct 1 - Dec 17	4:45 - 5:45 pm
Fri	Oct 5 - Dec 20	5:30 - 6:30 pm

Instructor: Yelena

Location: Buffalo Grove Fitness Center



Buffalo Grove Park District Environmental Action Team

The Buffalo Grove Environmental Action Team is a group of environmentally conscious local citizens eager to improve Buffalo Grove's natural environment and encourage sound and sustainable practices. Please join us - you can make a difference! For more information, please visit our page on the Park District's website at bgeat.org, or call Jeff Weiss at 847.224.0965.



Taekwondo

Our largest specialty program, Taekwondo, is designed to provide focus, confidence and self-defense. Levels are based on age and belt color. This program is for students who would like to be prepped for competitions and for those looking for discipline and fitness. **No class on November 28.**

Little Jins

This program allows students to develop balance and coordination through learning techniques found in Taekwondo which is the art of kicking and punching in a fun and safe environment.

Age: 4 - 5 years

Code	Day	Date	Time	M/NM Fee
4500	Mon	Sept 30 - Dec 16	4 - 4:30 pm	\$100/\$125
4501	Thu	Oct 3 - Dec 19	4 - 4:30 pm	\$92/\$115
4502	Sat	Oct 5 - Dec 21	10 - 10:30 am	\$100/\$125

Beginner

Learning the martial art Taekwondo provides many benefits. In the beginner class our program focuses on discipline, self confidence, physical fitness, and learning the basics to form a strong foundation to prepare them physically and mentally for the challenges of the intermediate program.

Age: 5 - 16 years

Code	Day	Date	Time	M/NM Fee
4503	Mon	Sept 30 - Dec 16	5:25 - 6:05 pm	\$112/\$140
4504	Thu	Oct 3 - Dec 19	4:30 - 5:20 pm	\$103/\$129
4505	Sat	Oct 5 - Dec 21	10:30 - 11:10 am	\$112/\$140

Intermediate

Students are expected to attain all the demands of a strong foundation in learning Taekwondo. At this stage attitude building is necessary to instill patience, perseverance and respect.

Age: 7 - 16 years

Code	Day	Date	Time	M/NM Fee
4506	Mon	Sept 30 - Dec 16	4:30 - 5:20 pm	\$136/\$170
4507	Thu	Oct 3 - Dec 19	6:30 - 7:20 pm	\$125/\$156
4508	Sat	Oct 5 - Dec 21	11:15 am - 12:05 pm	\$136/\$170

Advanced

This program approach will be more intense and demanding. Students are expected to show the distinction of an advanced level to other students. The attributes of a serious Taekwondo practitioner must reflect on their daily activities. The program prepares students for black belt promotion.

Age: 7 - 16 years

Code	Day	Date	Time	M/NM Fee
4509	Thu	Oct 3 - Dec 19	5:25 - 6:25 pm	\$147/\$184
4510	Sat	Oct 5 - Dec 21	9 - 10 am	\$160/\$200

Adult

All belt levels are welcome to join this class. Physical fitness and self defense are the primary focus of the program. Relieving stress by challenging the mind and body in a dynamic system of coordinated movements.

Age: 17 years and up

Code	Day	Date	Time	M/NM Fee
4511	Mon	Sept 30 - Dec 16	7:15 - 8:15 pm	\$160/\$200
4513	Fri	Oct 4 - Dec 20	6:50 - 7:50 pm	\$160/\$200

Black Belt

You must be a Black Belt to register for this class. Continuation of Black Belt degrees will be taught.

Age: 9 years and up

Code	Day	Date	Time	M/NM Fee
4514	Mon	Sept 30 - Dec 16	6:15 - 7:15 pm	\$160/\$200
4515	Fri	Oct 4 - Dec 20	5:45 - 6:45 pm	\$160/\$200

Integrated Sparring

This class is for students that are currently registered in our Taekwondo program that would like to enhance their sparring abilities.

Age: 7 years and up

Code	Day	Date	Time	M/NM Fee
3516	Tue	Oct 1 - Dec 17	5:30 - 6:30 pm	\$160/\$200

Instructor: De Guzman

Location: Buffalo Grove Fitness Center

Family

This class is intended for parents and children to enjoy Taekwondo together.

Age: 4 years and up

Code	Day	Date	Time	M/NM Fee
3517	Fri	Oct 4 - Dec 20	5 - 5:40 pm	\$112/\$140

Instructor: Staff

Location: Buffalo Grove Fitness Center

