



BUFFALO GROVE
FITNESS CENTER

FALL 2013

BIG TEN CHALLENGE

VITALITY

SPA

Renew,
Rejuvenate,
and Revive

SPECIALTY PROGRAM REGISTRATION
OPENS SEPTEMBER 3 AT 8 AM



FALL 2013

BUFFALO GROVE FITNESS CENTER



**CLUB INDUSTRY
TOP 100**

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

601 W. Deerfield Parkway, Buffalo Grove, IL 60089
847.353.7500

OUR GOAL

at the Buffalo Grove Fitness Center is to provide outstanding fitness opportunities and guidance for people of all ages and lifestyles. We are a top rated health and fitness center offering state of the art cardiovascular and weight resistance equipment, a full scale aquatics area, over 100 free group fitness classes, a team of nationally certified personal trainers and instructors, on-site child care, and a full service spa. Also available are some of the country's most popular specialty programs such as Pilates Reformer®, Zumba®, TRX Suspension®, youth swim lessons, and Taekwondo. The Buffalo Grove Fitness Center is owned and operated by the Buffalo Grove Park District and is open 7 days a week.

HOURS

FACILITY HOURS

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

FACILITY FAMILY HOURS

Tuesday & Thursday 4 - 6:30 pm
(Lap pool only)
Saturday & Sunday 2 - 7 pm
(Gymnasium only)
3 - 7 pm
(Fitness floor, track, and lap pool)

KIDS CLUB HOURS

Sunday - Saturday 8 am - 12 pm
Monday - Thursday 4 - 8 pm

BARBELLS CAFE HOURS

Sunday - Saturday 8 am - 2 pm
Monday - Friday 4 - 8 pm

MEMBERSHIP SERVICES OFFICE HOURS

Monday - Thursday 9 am - 8 pm
Friday 9 am - 6 pm
Saturday & Sunday 9 am - 5 pm

VITALITY SPA HOURS

Monday Closed
Tuesday - Thursday 9 am - 7 pm
Friday - Saturday 9 am - 5 pm
Sunday 9 am - 3 pm

FALL HOLIDAY HOURS

Sept 2 Labor Day 6 am - 3 pm
Nov 28 Thanksgiving 6 am - 3 pm
Dec 25 Christmas Day Closed

GENERAL INFORMATION

Over 100 group fitness classes, including yoga, Pilates, Zumba, barre, cycle, strength conditioning, aqua aerobics and many more are all free for members.

Personal training with any of our highly qualified trainers costs less when you are a member. You also get a free fitness assessment with one of our certified trainers as part of joining.

Specialty programs such as Warm Water Arthritis class, TRX® Suspension training, Taekwondo classes and Pilates Reformer® run 12 weeks at a time throughout the year. Children and adult swim lessons are 6 week programs. You can enroll online or in person at our guest services desk.

Kids Club offers child care services for ages 3 months through 12 years in a fun and secure environment. Tutoring services are also available for school age children. As a member you can pay per visit or purchase a monthly unlimited pass. Visits are limited to 2 hours. We just ask that you make a reservation 24 hours in advance.

Online registration is available for almost all specialty programs through our Member Self Service website. You can find the link at bgfitness.org and log in using your 6-digit ID number as the user name (it is printed on the back of your membership card). Then type in 1111 as the password when logging in for the first time. After customizing your new password, you are all set to enroll online.

The primary member on your account receives 3 complimentary guest passes per year to use for guests ages 16 or older. An entry fee of \$15 will be charged to all guests not using one of the 3 complimentary passes. The third Friday of every month is free guest day; and, you will not be charged one of your 3 complimentary passes or \$15 on those days.

If you lose your membership card there is a \$5 replacement fee to issue you a new one.

Cell phones may only be used in the lobby and the cafe areas of the facility. For the protection of our members' privacy and safety, use of cell phones in any other areas of the Buffalo Grove Fitness Center is strictly prohibited.

Monthly membership freezes are free. You can freeze your membership from 1 to 6 months per year at no charge. Extended freezes are available for students and members requesting medical freezes. Medical freezes require a doctor's note presented at the time of the freeze request. All freezes must be taken in monthly increments, but can start any day of the month. Freeze requests must be submitted in writing at our guest services desk or via email to billing@bgfitness.org.

There is no fee to cancel; however, in order to cancel your membership without incurring further charges we require all cancellation requests be submitted in writing at our guest services desk or via email to billing@bgfitness.org no later than the 25th of your last active month. Cancellation requests received after the 25th are subject to not being processed in time. Cancellation requests submitted on or after the first day of the month will not go into effect until the following month. Charges incurred due to improper or late cancellation requests will not be refunded.

Unlimited facility usage is only allowed for members ages 16 or older. Exceptions include members age 14 and 15 that have completed our junior weight training tutorial and the consenting parent or legal guardian is a member of the Buffalo Grove Fitness Center. Nonmembers and guests below the age of 16 may only use the facility during family hours and must be accompanied by an adult member at all times (see family hours rules and regulations for more details).


Members, guests and participants of programs at the Buffalo Grove 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 Buffalo Grove 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.

BUFFALO GROVE
STAMPEDE
2013
 SUNDAY · SEPTEMBER 1

REGISTER ONLINE AT BGSTAMPEDE.ORG

SUNDAY, SEPTEMBER 1 · MIKE RYLKO COMMUNITY PARK · 951 MCHENRY RD. · BUFFALO GROVE, IL

RACE & AGE CATEGORIES

| 10k Run  | 5k Run | Walk |
|--|-------------------------------|-------------------------------|
| Male and Female Separated Age | Male and Female Separated Age | All ages and genders together |
| Brackets: | Brackets: | |
| 9 & Under | 9 & Under | |
| 10 - 14 | 10 - 14 | |
| 15 - 19 | 15 - 19 | |
| 20 - 24 | 20 - 24 | |
| 25 - 29 | 25 - 29 | |
| 30 - 34 | 30 - 34 | |
| 35 - 39 | 35 - 39 | |
| 40 - 44 | 40 - 44 | |
| 45 - 49 | 45 - 49 | |
| 50 - 54 | 50 - 54 | |
| 55 - 59 | 55 - 59 | |
| 60 - 64 | 60 - 64 | |
| 65 - 69 | 65 - 69 | |
| 70 - 74 | 70 - 74 | |
| 75 - 79 | 75 - 79 | |
| 80 and over | 80 and over | |
| *5k Wheelchair - Minimum of 10 pre-registered needed in order for wheelchair event to be held. | | |

FEES

| Fees: | Advanced Fee | Family Fee** | Day of Race Fee |
|----------------|--------------|--------------|-----------------|
| 10k Run | \$25 | \$22 | \$30 |
| 5k Run | \$25 | \$22 | \$30 |
| Walk | \$16 | \$13 | \$20 |
| 5k Wheelchair* | \$25 | \$22 | \$30 |

** Family Fee - Families of 3 or more members participating in the Stampede qualify for the Family Fee. No other discounts apply if using the Family Fee. The reduced rate is a per person rate. The Family Fee is available on advanced registrations only.

TIMES

| | |
|--------------|---------|
| 5K - Wave 1 | 8 am |
| 5K - Wave 2 | 8:05 am |
| 5K - Walk | 8:05 am |
| 10K - Wave 1 | 8:22 am |
| 10K - Wave 2 | 8:30 am |

Finish Line Sponsor:



If you are registering the day of the race please be on time - Day of race registration ends promptly at 7:45 am.

FOR MORE INFORMATION, CONTACT THE RACE DIRECTOR, CHUCK BURGESS, AT 847.850.2125.

PILATES REFORMER AND CHAIR

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 complete Reformer Intro or receive at least 2 private Pilates training sessions and have instructor's approval prior to enrolling. Classes must meet minimum enrollments to run.

Reformer Intro

This class will introduce you to the Pilates principles which are applied to your reformer sessions. During this course you will learn how to use the reformer to develop core stability, peripheral strength and neuromuscular control.

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

Instructor: Lorie

Level 1 - Essential

This class incorporates strength and flexibility movements which produce lean muscle and core stability. This class is designed using the essential exercises on the reformer where technique and breath will be emphasized. **No class on November 28.**

Essential Reformer

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

Instructor: Lorie

| | | | | |
|------|-----|----------------|---------------|-------------|
| 4207 | Fri | Oct 4 - Dec 20 | 11 am - 12 pm | \$352/\$440 |
| 4202 | Sat | Oct 5 - Dec 21 | 8 - 9 am | \$352/\$440 |

Instructor: Yelena

Essential Reformer and Chair

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

Instructor: Lorie

| | | | | |
|------|-----|----------------|------------|-------------|
| 4208 | Fri | Oct 4 - Dec 20 | 10 - 11 am | \$396/\$495 |
|------|-----|----------------|------------|-------------|

Instructor: Yelena

Level 2 - Intermediate

This class incorporates strength and flexibility movements which involve good coordination skills. Participants must be able to stabilize through the pelvic girdle, shoulder girdle and torso. This class will continue to use the essential exercises along with intermediate exercises on the reformer. Prerequisite is to have completed Essential Level and have an instructor's approval. **No class on November 28.**

Intermediate Reformer

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

Instructor: Jennifer

Intermediate Reformer and Chair

| Code | Day | Date | Time | M/NM Fee |
|------|-----|------------------|----------|-------------|
| 4210 | Mon | Sept 30 - Dec 16 | 8 - 9 am | \$396/\$495 |

Instructor: Sharon

| | | | | |
|------|-----|----------------|-----------|-------------|
| 4204 | Thu | Oct 3 - Dec 19 | 9 - 10 am | \$363/\$454 |
|------|-----|----------------|-----------|-------------|

Instructor: Lorie

| | | | | |
|------|-----|----------------|----------------|-------------|
| 4203 | Wed | Oct 2 - Dec 18 | 6:45 - 7:45 pm | \$396/\$495 |
|------|-----|----------------|----------------|-------------|

| | | | | |
|------|-----|----------------|----------------|-------------|
| 4206 | Thu | Oct 3 - Dec 19 | 6:45 - 7:45 pm | \$363/\$454 |
|------|-----|----------------|----------------|-------------|

Instructor: Yelena

Level 3 - Advanced

Participants will experience the highest level of Reformer and Chair repertoire. Strength, flexibility, balance, control, and endurance are challenged to the highest degree. Many exercises performed continue the progressions from the Essential and Intermediate levels, while others offer unique movement patterns. Workload is escalated by altering base of support and body position rather than increasing resistance. Prerequisite is to have completed Intermediate Level and have an instructor's approval.

Advanced Reformer and Chair

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

Instructor: Yelena

Your Community Bank

At American Enterprise Bank, you get more than just bankers with knowledge and expertise. AEB offers true partnerships. We understand and value our responsibility to individuals, families and local businesses. As the only bank headquartered in Buffalo Grove, we understand every member of our team is part of the community, and our customer service is enhanced by our local decision making.

- *A variety of Checking, Savings and Money Market Account options*
- *Online Banking - Pay bills securely 24/7 anywhere*
- *Extensive ATM/Debit Network - We never charge a fee for ATM use***

*Ask about our Home Equity Lines of Credit** with low interest rates and no fees!*



AmericanEnterpriseBank.com

BUFFALO GROVE IL - BRANCH OFFICE

600 N. Buffalo Grove Rd. | 847.465.9700

Schaumburg IL | Highland Park IL
847.352.1200 | 847.681.8600



*You may be charged a fee by other ATM's. ** American Enterprise Bank's Home Equity Credit Lines are variable-rate products that are tied to the Prime Rate as published in The Wall Street Journal, currently 3.25% as of June 11th, 2012. Your rate will adjust as the Prime Rate changes. Equity Lines are limited to a maximum 80% combined LTV (loan to value) and are intended for and serviced by a first or second lien on the applicant's primary one-to-four family residence located in Illinois. Approved lines of \$100,000 and above are at Prime plus 0.25%, with a minimum Annual Percentage Rate (APR) of 4.50% and a Maximum APR of 25%. Approved Credit Lines of \$99,999.99 and under are at Prime plus 0.75%, with a minimum Annual Percentage Rate (APR) of 4.75% and a Maximum APR of 25%. Typical third-party fees are waived. There is no annual fee. At minimum, interest only must be paid monthly on Home Equity Credit Lines and there is a balloon payment of any unpaid principal due at maturity. There is a \$500 cancellation fee if the Home Equity Credit Line is closed or cancelled within 36 months of the date of the note. Property insurance is, and flood insurance may be, required. Rates subject to change. Consult your tax advisor regarding the deductibility of interest. Other terms and conditions may apply. Other products available. Revision date: June 11th, 2012. Subject to change.



SPECIALTY PROGRAMS

Warm Water Arthritis

Level 1 - Taking place in our warm water therapy pool, Arthritis Foundation certified trainers 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 November 28.**

| Code | Day | Date | Time | M/NM Fee |
|------|-----|----------------|----------------|-----------|
| 4103 | Wed | Oct 2 - Dec 18 | 5:45 - 6:30 pm | \$72/\$84 |

Instructor: Karen

| | | | | |
|------|-----|----------------|---------------|-----------|
| 4102 | Tue | Oct 1 - Dec 17 | 10 - 10:45 am | \$72/\$84 |
| 4104 | Thu | Oct 3 - Dec 19 | 10 - 10:45 am | \$66/\$77 |

Instructor: Lisa

| | | | | |
|------|-----|------------------|----------------|-----------|
| 4101 | Mon | Sept 30 - Dec 16 | 5:45 - 6:30 pm | \$72/\$84 |
|------|-----|------------------|----------------|-----------|

Instructor: Sharon

Level 2 - Improve your fitness level with choreography and equipment. This class is more challenging than level 1. Exercises increase range of motion and improve flexibility in the warm water therapy pool. **No class November 28.**

| Code | Day | Date | Time | M/NM Fee |
|------|-----|------------------|------------------|-----------|
| 4100 | Mon | Sept 30 - Dec 16 | 10:15 - 11 am | \$72/\$84 |
| 4105 | Thu | Oct 3 - Dec 19 | 10:50 - 11:35 am | \$66/\$77 |

Instructor: Lisa

Heart Strong

Heart Strong classes are designed for individuals with limitations and concerns regarding 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. \$18 per month for Members, \$69 per month for Nonmembers. Contact Sharon Stark at 847.353.7508 to get started today!

| Day | Time |
|-----|----------------|
| Mon | 6:30 - 7:30 am |
| Mon | 8:30 - 9:30 am |
| Mon | 11 am - 12 pm |
| Wed | 6:30 - 7:30 am |
| Wed | 8:30 - 9:30 am |
| Wed | 11 am - 12 pm |
| Fri | 8:30 - 9:30 am |
| Fri | 11 am - 12 pm |

TRX® Suspension 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.

| Code | Day | Date | Time | M/NM Fee |
|------|-----|------------------|----------------|-------------|
| 4300 | Mon | Sept 30 - Dec 16 | 5:45 - 6:30 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 |



BRING 'EM TO KIDS CLUB!

Drop off your children while you exercise at the Buffalo Grove Fitness Center for only \$3 per visit.

Kids Club is for children ages 3 months - 12 years and includes an outdoor playground, XerPro Sportwall®, games, crafts, and fun activities for all ages! See page 12 for more details.

For more information, call 847.353.7535.

Whether looking to start exercising for the first time, or just looking to maximize results from your current routine, consider training at Buffalo Grove Fitness Center. 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 ss Stark@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 goals and/or weight loss goals.

Pilates Training

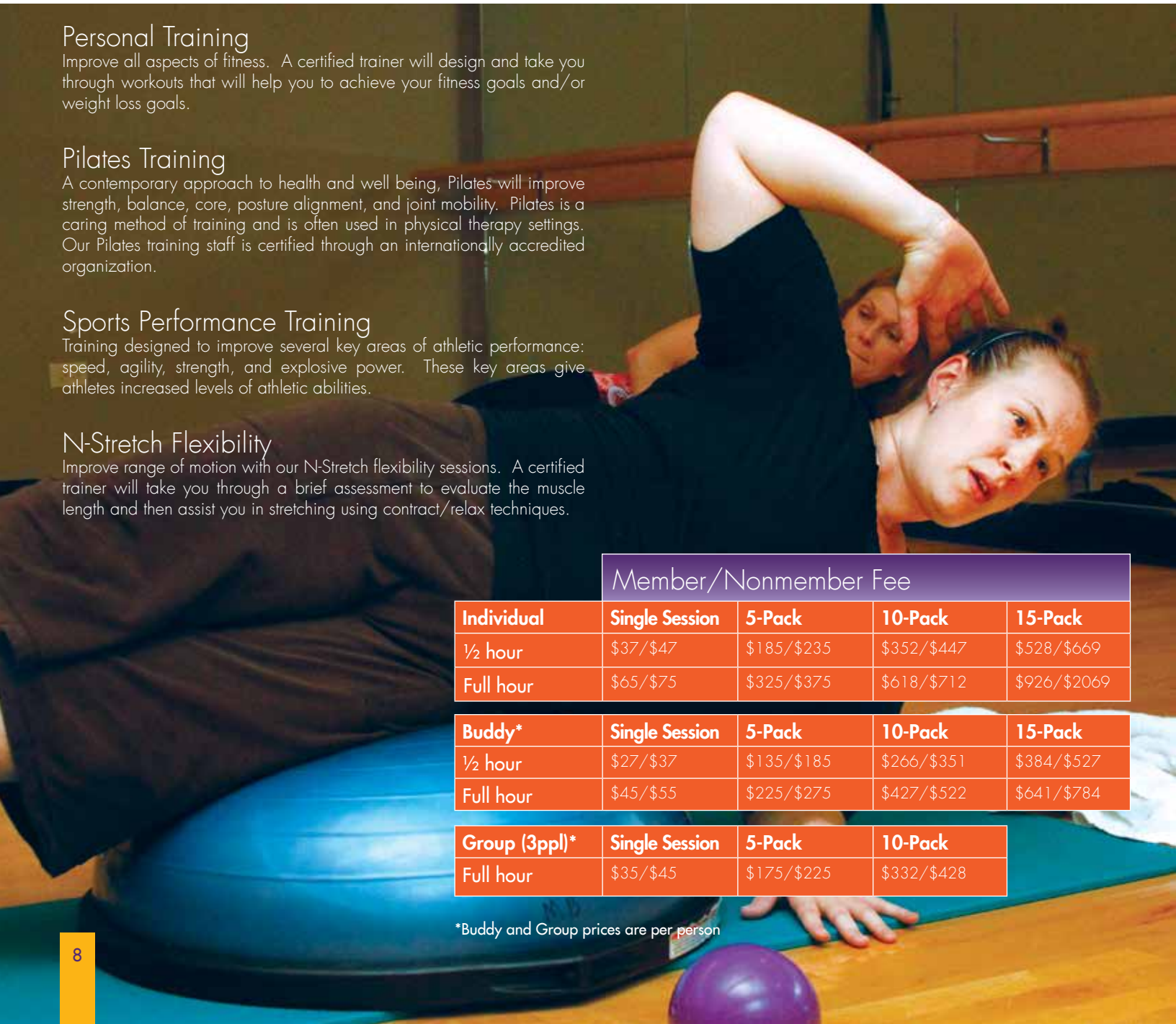
A contemporary approach to health and well being, Pilates will improve strength, balance, core, posture alignment, and joint mobility. Pilates is a caring method of training and is often used in physical therapy settings. Our Pilates training staff is certified through an internationally accredited organization.

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 abilities.

N-Stretch Flexibility

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.



Member/Nonmember Fee

| Individual | Single Session | 5-Pack | 10-Pack | 15-Pack |
|------------|----------------|-------------|-------------|--------------|
| ½ hour | \$37/\$47 | \$185/\$235 | \$352/\$447 | \$528/\$669 |
| Full hour | \$65/\$75 | \$325/\$375 | \$618/\$712 | \$926/\$2069 |

| Buddy* | Single Session | 5-Pack | 10-Pack | 15-Pack |
|-----------|----------------|-------------|-------------|-------------|
| ½ hour | \$27/\$37 | \$135/\$185 | \$266/\$351 | \$384/\$527 |
| Full hour | \$45/\$55 | \$225/\$275 | \$427/\$522 | \$641/\$784 |

| Group (3ppl)* | Single Session | 5-Pack | 10-Pack |
|---------------|----------------|-------------|-------------|
| Full hour | \$35/\$45 | \$175/\$225 | \$332/\$428 |

*Buddy and Group prices are per person

New to Personal Training?

Get started today!

Save \$75
when you buy 3 pack of
1-hour training sessions.

Offer available for first time training clients only. Offer valid through November 25, 2013.

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.*



Get healthy, new turkey dinner ideas from Barbells Cafe.

THANKSGIVING FOOD DEMONSTRATION

Tuesday, November 26

5:30 - 6:45 pm

in the lobby



Open 7 days a week 8 am - 2 pm
and Monday - Friday 4 - 8 pm

GROUP FITNESS - CLASS SCHEDULE

| Monday | |
|---------------------|---|
| 5:30 - 6:15 am | Barre Express Pilates Mat Studio Instructor: Melina |
| 5:30 - 6:15 am | Power Cycle Spin Room Instructor: Sheila |
| 8 - 9 am | Qi Gong Yoga Studio Instructor: April NEW |
| 8:10 - 9:10 am | Barre Ballet Pilates Mat Studio Instructor: Matt NEW |
| *8:15 - 9:10 am | Strength Conditioning Group X Studio Instructor: Ann |
| 8:30 - 9:15 am | Deep Water Workout Lap Pool Instructor: Wendy |
| 9:15 - 10:15 am | Pilates 2 Pilates Mat Studio Instructor: Sharon |
| 9:15 - 10:15 am | Aqua Zumba Lap Pool Instructor: Suzanne |
| 9:30 - 10:30 am | Cardio Dance Group X Studio Instructor: Matt |
| 9:30 - 10:30 am | Power Cycle Spin Room Instructor: Wendy |
| 9:30 - 10:45 am | Hatha/Vinyasa Yoga Yoga Studio Instructor: Ceily |
| 10:35 - 11:20 am | Core & More Lite Group X Studio Instructor: Wendy |
| 10:30 - 11:30 am | Pilates 1 Pilates Mat Studio Instructor: Yelena |
| 11:45 am - 12:45 pm | Gentle Yoga Yoga Studio Instructor: April |
| 4:30 - 5:25 pm | Dance & Tone Group X Studio Instructor: Suzanne |
| 5:30 - 6:15 pm | Cardio Kickbox Group X Studio Instructor: Debi T. |
| 6 - 7 pm | Power Cycle Spin Room Instructor: Sheila |
| 6:15 - 7:30 pm | Dynamic Vinyasa Yoga Yoga Studio Instructor: Dawn |
| 6:30 - 7:30 pm | Barre Class Pilates Mat Studio Instructor: Debbis T |
| 6:30 - 7:30 pm | Deep Water Workout Lap Pool Instructor: Katie |
| 6:30 - 7:30 pm | Zumba Group X Studio Instructor: Bridgett |

| Tuesday | |
|---------------------|---|
| 5:15 - 6:15 am | Power Flow Yoga Yoga Studio Instructor: Dawn |
| 5:30 - 6:30 am | Sports Conditioning Gymnasium Instructor: Ryan |
| 5:45 - 6:45 am | Interval Challenge Group X Studio Instructor: Cathy |
| 8 - 9 am | Hatha/Vinyasa Yoga Yoga Studio Instructor: April |
| 8:30 - 9:25 am | Cardio Mix Group X Studio Instructor: Yelena |
| 9 - 9:55 am | H2O Challenge Lap Pool Instructor: Lisa |
| 9:30 - 10:25 am | Barre Class Pilates Mat Studio Instructor: Debbie |
| 9:30 - 10:30 am | Zumba Group X Studio Instructor: Lori |
| 10:15 - 11:15 am | Yoga Basics Yoga Studio Instructor: April |
| 10:35 - 11:20 am | Senior Fitness Group X Studio Instructor: Siobhan |
| 11:30 am - 12:15 pm | Flexibility Group X Studio Instructor: Siobhan |
| 5:45 - 6:45 pm | Total Body Blast Group X Studio Instructor: Melissa |
| 5:30 - 6:15 pm | Tabata Boot Camp Gymnasium Instructor: Melissa D NEW |
| 5:55 - 6:55 pm | Strength Plus Group X Studio Instructor: Yelena |
| 6:15 - 7:30 pm | Power Flow Yoga Yoga Studio Instructor: Jennifer |
| 7 - 8 pm | Zumba Group X Studio Instructor: Suzanne |

| Wednesday | |
|---------------------|---|
| 5:30 - 6:15 am | Power Cycle Spin Room Instructor: Sheila |
| 8 - 9 am | Pilates 1 - 2 Pilates Mat Studio Instructor: Melina |
| *8:15 - 9:15 am | Step & Core Group X Studio Instructor: Ann |
| 9:15 - 10:15 am | Aquatic Fitness Lap Pool Instructor: Sheri |
| 9:15 - 10:15 am | Hatha/Vinyasa Yoga Yoga Studio Instructor: Ann |
| 9:30 - 10:25 am | 20/20/20 Group X Studio Instructor: Debi |
| 9:30 - 10:30 am | Power Cycle Spin Room Instructor: Melissa |
| 10:30 - 11:15 am | Zumba Gold Group X Studio Instructor: Siobhan |
| 11:30 am - 12:15 pm | Gentle Yoga Yoga Studio Instructor: Ann |
| 11:30 am - 12:15 pm | Senior Recess Group X Studio Instructor: Siobhan NEW |
| 4:40 - 5:25 pm | Cardio Kickbox Instructor: Yelena |
| 5:30 - 6:30 pm | R.I.P.P.E.D. Group X Studio Instructor: Yelena |
| 5:30 - 6:30 pm | Hatha Yoga Yoga Studio Instructor: Chrysa |
| 6 - 6:45 pm | Power Cycle Spin Room Instructor: Wendy |
| 6:30 - 7:45 pm | Hatha/Vinyasa Yoga Pilates Mat Studio Instructor: Ceily |
| 6:35 - 7:35 pm | Cardio Tone Group X Studio Instructor: Lisa |
| 6:35 - 7:35 pm | Hydro-Blast Lap Pool Instructor: Katie NEW |
| 6:45 - 7:45 pm | Hatha Yoga Yoga Studio Instructor: Chrysa |

| Thursday | |
|------------------|--|
| 5:30 - 6:15 am | Strength Conditioning Group X Studio Instructor: Debra |
| *8 - 9 am | Qi Gong Yoga Studio Instructor: April NEW |
| 8:30 - 9:25 am | Pilates 2 Pilates Mat Studio Instructor: Yelena |
| 8:30 - 9:25 am | Cardio Tone Group X Studio Instructor: Debi T. |
| 9 - 9:55 am | Aquatic Fitness Lap Pool Instructor: Debbie |
| 9 - 10:15 am | Hatha/Vinyasa Yoga Yoga Studio Instructor: Ceily |
| 9:30 - 10:25 am | Barre Class Pilates Mat Studio Instructor: Yelena |
| 9:30 - 10:30 am | Tabata Boot Camp Gymnasium Instructor: Ann |
| 9:30 - 10:30 am | Zumba Group X Studio Instructor: Suzanne |
| 10:30 - 11:25 am | Gentle Chair Yoga Pilates Mat Studio Instructor: Ceily |
| 5:15 - 6 pm | Step Group X Studio Instructor: Debi T. |
| 5:30 - 6:15 pm | Power Cycle Spin Room Instructor: Sheila |
| *6 - 6:55 pm | Strength Conditioning Group X Studio Instructor: Lisa |
| 6 - 7:15 pm | Power Flow Yoga Yoga Studio Instructor: Dawn |
| *6:30 - 7:30 pm | Cardio Pilates Pilates Mat Studio Instructor: Yelena |
| *7 - 8 pm | Dance & Tone Group X Studio Instructor: Bridgett |

Reservations can be made up to 48 hours in advance for yoga, Pilates, cycle and barre classes. Reserved space will be held until 5 minutes before class starts, at which time wait listed attendees and walk-ins will be accepted. Please do not enter a class after it has started. Reserve your spot by stopping at our guest services desk or by calling 847.353.7501.

Group Fitness classes are free for all members ages 16 and older, or have completed our Junior Weight Training tutorial. Nonmembers and guests may also attend for a small per class fee. Schedule subject to change without advanced notice.

*Indicates change in time, instructor, location or format

| Time Location | Class Name Instructor |
|---------------|-----------------------|
|---------------|-----------------------|

| Friday | |
|---------------------|---|
| 5:30 - 6:15 am | Power Cycle Spin Room Instructor: Lorie |
| 8:15 - 9:10 am | Strength Conditioning Group X Studio Instructor: Sharon |
| *9 - 10 am | Cycle & Stretch Spin Room Instructor: Wendy |
| 9:15 - 10:10 am | Aquatic Fitness Lap Pool Instructor: Sheri |
| 9:15 - 10:15 am | Yoga Basics Pilates Mat Studio Instructor: Sharon |
| 9:30 - 10:30 am | Lite Interval Group X Studio Instructor: Debbie |
| 10 - 11 am | Treading Fitness Floor Instructor: Melissa B NEW |
| 10:15 - 11:10 am | Aqua Zumba Lap Pool Instructor: Suzanne |
| 10:30 - 11:15 am | Barre Class Pilates Mat Studio Instructor: Debbie |
| 10:35 - 11:20 am | Senior Fitness Group X Studio Instructor: Siobhan |
| 11:35 am - 12:20 pm | Flexibility Group X Studio Instructor: Siobhan |
| 4:30 - 5:25 pm | Zumba Group X Studio Instructor: Linda |

| Saturday | |
|------------------|---|
| 7:20 - 8:20 am | Hatha Yoga Yoga Studio Instructor: Chrysa |
| 7:30 - 8:25 am | Barre Class Pilates Mat Studio Instructor: Sharon |
| *8:30 - 9:30 am | Power Cycle Spin Room Instructor: TBA |
| 8:15 - 9:10 am | Step Group X Studio Instructor: Ann |
| 8:30 - 9:15 am | Liquid Flow Warm Water Pool Instructor: Katie |
| 8:30 - 9:30 am | Hatha Yoga Yoga Studio Instructor: Chrysa |
| 8:30 - 9:45 am | Dynamic Vinyasa Yoga Pilates Mat Studio Instructor: Sharon |
| 9:15 - 10:15 am | Strength Conditioning Group X Studio Instructor: Pam |
| 9:20 - 10:15 am | Hydro-Blast Lap Pool Instructor: Katie |
| 9:30 - 10:30 am | Sports Conditioning Gymnasium Instructor: Melissa |
| 10:30 - 11:15 am | Tai Chi Group X Studio Instructor: Pam |

| Sunday | |
|------------------|--|
| 9 - 10 am | Aquatic Fitness Lap Pool Instructor: Staff |
| 9:10 - 10:10 am | Zumba Group X Studio Instructor: Suzanne |
| *9:15 - 10:15 am | Power Cycle Spin Room Instructor: TBA |
| 9:15 - 10:15 am | Pilates 1-2 Pilates Mat Studio Instructor: Yelena |
| 9:15 - 10:30 am | Power Flow Yoga Yoga Studio Instructor: Linda |
| 10:15 - 11:15 am | Strength Plus Group X Studio Instructor: Debbie T |

TIPS TO REDUCING YOUR CARBON FOOTPRINT



Download up to date
schedules at bgfitness.org

Keep one at the office, on your fridge, and
in your car so you don't need replacements
each visit.

Scan the QR code to get the latest schedule
directly on your phone.

LAUGHTER YOGA

Experience the mind and body health benefits of laughter.
Sign up for this one-day only offering at our guest services desk

Saturday, November 2

11 am - 12 pm

Conference Room

(across from the Hyman and Miriam Reiner Art Gallery)

Code: 4621

\$15 Member/\$20 Nonmember

GROUP FITNESS - CLASS DESCRIPTIONS

Mind & Body

Flexibility

Gentle stretches to increase range of motion. Class ends with a relaxation segment to calm the mind and body. This class is great for older adults.

Energy Stretch

Dynamic and static stretches are combined to improve flexibility.

Barre Class

Designed for all levels. This class combines Pilates, yoga, strength, and dance to give you a full body workout. A ballet bar is used to assist with stretching, strength and balance. Come see what the craze is all about!

Barre Ballet

Focuses on flexibility, muscle strengthening and balance through the application of classical ballet barre exercises. This class is great for cross training, targeting specific muscles and joints. Barre Ballet teaches you to apply and maintain control and grace to your fitness routine.

Qi Gong

An invigorating mind-body workout consisting of stretches, breathing exercises, flowing movements and meditation. Amplify your internal energy and benefit your mental clarity and focus.

Tai Chi

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

Mind & Body - Pilates

Pilates 1

The fundamentals of Joseph Pilates' principles are used for this mat-based class. Core strength in the primary focus. Other benefits include improved shoulder and hip mobility and improved posture.

Pilates 2

A continuation of Pilates 1 with more challenging exercises incorporated.

Cardio Pilates

This class will take you through unique variations of traditional Yoga poses and Pilates exercises. You will work every muscle group and get the benefits of core training along with a cardiovascular workout.

Mind & Body - Yoga

Gentle Chair Yoga

This class is designed with a gentle approach for participants with limitations. Asanas may be assisted using chairs and props. Posture, breath, flexibility and strength will be emphasized.

Gentle Yoga

A slower pace and gentler poses soothe and nourish the body and mind. An ideal practice for on-going gentle practitioners, students newer to practice or those with physical injuries that prohibit a more vigorous practice.

Yoga Basics

A moderately paced practice combining still poses and flowing movements. Breath awareness and stretching are incorporated. Suitable for healthy beginners or on-going students.

Hatha Yoga

Traditional yoga for every body. A meditative practice connecting mind, body and spirit through centering, asana (postures), pranayama (breathing), and savasana (relaxation).

Hatha/Vinyasa Yoga

Standing, seated and supine poses are mindfully practiced in both moderately active vinyasa and dynamically still forms with an emphasis on linking breath and movement. Deep relaxation and restorative poses are incorporated to soothe the body and mind, and to off-load stress.

Dynamic Vinyasa Yoga

An active practice that emphasizes strengthening of muscles while linking movement with breath. Poses are also held in stillness to build stamina and focus. Balance, flexibility, and relaxation complete your practice.

Power Flow Yoga

A vigorous practice in a warm room. Linking movements with breath, this vinyasa style flow will emphasize strength, balance, stamina and focus. Conclude your practice with mindful relaxation.

Water Fitness Classes

Aquatic Fitness

When exercising in the water you can work up to 12 times harder without stress on the bones and ligaments. The dynamics of the water allows you to work at a lower heart rate and achieve the same benefits as on land.

Liquid Flow

Come enjoy a warm water class that emphasizes stretching, flexibility, and gentle range of motion exercises. You will use a variety of equipment while exercising in the warm water therapy pool.

Hydro-Blast

An active workout using high intensity movements combined with strength training. This class covers all you need for a great aqua workout in the lap pool.

H2O Challenge

Challenge yourself in this fun, energetic water class with dumbbells and noodles.

Aqua Zumba

Add a Latino flare to your water workout party that's cardio-conditioning, body-toning and, most of all, exhilarating beyond belief!

Deep Water Workout

30 minutes of deep water fitness followed by 15 minutes of strength training in the warm water therapy pool using a variety of equipment.

Intervals to Circuit

Join us for this high energy class of either intervals, cardio and strength to circuit training moving through water. This is a shallow water class.

Strength Classes

Core & More

A class centered around your center. The focus is to strengthen the large and small muscles that support a strong core and tall posture.

Core & More Lite

A lighter version of core training which includes a relaxing stretch.

Total Body Blast

A continuous two minute interval format which begins with a basic strength move, builds into a dynamic strength movement and finishes with a plyometric movement to build muscular strength, endurance and power while generating a heart rate response.

Strength Conditioning

Strength and endurance class using a variety of weighted resistance.

Strength Plus

Strength conditioning plus a boost of athletic movements mixed in to increase metabolic rate.

Cardio Classes

Zumba Gold

An invigorating Zumba workout with an easier pace to follow specifically designed for Seniors.

Senior Recess

Games, drills and activities designed to improve functional strength, balance and agility.

Zumba

Come experience the newest craze in dance aerobics. This mixture of body sculpting movements and easy to follow dance steps is an energizing cardiovascular workout that has the whole country dancing!

Cardio Kickboxing

High-energy sessions that combine boxing, martial arts, and various cardiovascular modes to provide a total body workout.

Step

A fun, traditional step class with easy to follow combination that progressively builds choreography utilizing dance and athletic movements on both step and floor for a high energy, pumping workout guaranteed to make you sweat!

Cardio Mix

A mix of various cardio formats that will burn fat and improve cardiovascular health. A core strengthening segment completes your workout.

Cardio Dance

This is a 'follow-a-long' fitness class. You will experience a well rounded workout using to a variety of dance styles accompanied by an eclectic blend of music. Get ready to have fun while burning those calories!

Dance & Tone

A combination of dance segments with weight training blended in.

Tabata Boot Camp

A high intensity interval training format. It moves quickly in a specific time frame. An exercise is performed at maximum intensity for 20 seconds, rest for 10 seconds and repeat about 8 rounds before moving to the next exercise. This format will improve aerobic and anaerobic endurance before cooling down with stretch relaxation.

Treading

Instructor-led class held on the fitness floor treadmills incorporating speed and elevation intervals to take your cardio workout to a whole new level!

Cycling Classes

Power Cycling

A cycling class using visualization and music for motivation. Climb hills and sprint your way to fitness. Non-impact and intensity is individually controlled.

Cycling & Stretch

A 45 minute cycling class followed by a 15 minute segment of stretching that emphasizes the release of muscles primarily used in cycling.

Combo Cardio/Strength Classes

Senior Fitness

Improve endurance, balance, flexibility, and upper body, lower body and core strength, in a fun group environment. Exercises performed from both sitting and standing positions. Participants are encouraged to work at their own pace.

Lite Interval

A combination class featuring various aerobic formats combined with weights and balls. This class is great for beginners. All ages are welcome.

Interval Challenge

Interval training alternates segments of strength and cardio to maximize caloric expenditure.

20/20/20

Designed to give you a taste of everything while keeping your interest with a variety of formats. A blend of cardio, strength and core.

R.I.P.P.E.D.

Experience this "plateau proof fitness formula" workout, utilizing resistance and cardio training, which masterfully combines Resistance, Intervals, Power, Plyometrics, Endurance, and Diet components of R.I.P.P.E.D. to help you attain and maintain your physique.

Sports Conditioning

Come play at your own fitness level and improve speed, agility, power and muscular strength to increase fat burning ability through sports conditioning.

Cardio Tone

This class incorporates 30 minutes of cardio, utilizing various aerobic formats followed by a 30 minute non-impact, toning segment with slow, precise flowing movements that target specific muscle groups. Cardio Tone is a total body workout that improves strength, endurance and flexibility.

Spooky Spin

Thursday, October 31

8:30 - 9:30 am

Special cycle class including costume contest!

FREE FOR ALL MEMBERS. Just sign up in advance at our guest services desk.

Double Debbies Team Fit

Friday, November 29

9:30 - 10:30 am

Get a jump start on burning away those turkey dinner calories with the Debbies! For this one day only special Debbie Ockrim and Debbie Wunderle are teaming up to bring you a perfect post-holiday-feast team fit challenge. Don't miss out!

FREE FOR ALL MEMBERS. Just sign up in advance at our guest services desk.



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.®

LECTURE Series

brought to you by **ATHLETICO**
PHYSICAL THERAPY

CONCUSSIONS AND THE YOUNG ATHLETE

THURSDAY, SEPTEMBER 5, 2013

Buffalo Grove Fitness Center Conference Room @ 7:00pm

Athletico and Buffalo Grove Fitness Center are teaming up to present a complimentary lecture on concussion awareness and injury prevention in young athletes. As a parent or coach, you will learn how to appropriately identify when a concussion is sustained and what you need to do to reduce the impact on your young player. We will discuss the facts and myths of concussions as well as the latest ways pros are being treated.

Don't miss this educational lecture!

Presenters: Athletico's James Rabbitt, PT and Kelly Vanderstappen, AT

Please RSVP to buffalogrove@athletico.com

ATHLETICO

PHYSICAL THERAPY

Better for every body.®

Parents can rest assured that their children are monitored safely as qualified staff members engage their children in project based activities focusing on preschool and elementary school learning concepts. Additional activities include arts and crafts as well as organized sports and games. Children are able to experience a positive environment where each child can choose from various activities while parents are within the club. All parents are required to fill out and complete a registration form on every child using Kids Club. Visits are limited to 2 hours.

In order to maintain proper staffing, reservations are required. Reservations can be scheduled up to 3 days in advance of your visit by calling 847.353.7535. Any member or guest who comes in without a reservation can assume the risk of being turned away. Cancellations must be completed at least one hour prior to the reserved time slot.

| | |
|--------------------------|---|
| Daily Rate | \$3 (per child) |
| Monthly Rate (unlimited) | \$40 (first child) \$20 (per additional child) |

Kids Club Halloween Parade



Thursday, October 31 • 9 am

Costum contest, mummy wrap, coloring contest, games and prizes. Box lunch from Barbells Cafe included.

Registration Code: 4403
\$10 Member/\$20 Nonmember

Kids Fit

Kids Fit exercise class meets every wednesday for six weeks in Kids Club. The class includes free entry into Kids Club, box dinner, and fun exercises and activities for the children.

Age: 4 - 12 years

| Code | Day | Date | Time | M/NM Fee |
|------|-----|---------------|--------------|-----------|
| 4402 | Wed | Oct 2 - Nov 6 | 9:15 - 10 am | \$72/\$96 |

Instructor: Staff

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 the kids, increasing their focus and self-confidence, boosting metabolism and enhancing coordination. Zumbatomic rounds out the family fitness goals by giving the kids a super fun reason to head to the gym with their parents.

| Code | Age | Day | Date | Time | M/NM Fee |
|------|--------------|-----|----------------|----------------|-----------|
| 4400 | 4 - 6 years | Wed | Oct 2 - Dec 18 | 9:15 - 10 am | \$72/\$96 |
| 4401 | 7 - 12 years | Tue | Oct 1 - Dec 17 | 3:45 - 4:30 pm | \$72/\$96 |

Instructor: Suzanne



LEARN TO SWIM

Swimming Lessons

Each swim time will be broken into different levels. It is not necessary for you to know your child's swim level, as all children will be tested on the first day of class and placed in the appropriate level. All 6 levels will be taught in the Park District swimming classes. If you have any questions or concerns about our pool or our programs please ask the Manager/Coordinator on duty for clarification. Swimming lesson fees will not be prorated for any reason. **Please note: We do not offer make-up lessons.**

Registration

Registration will be accepted online at bgparks.org, in person at Alcott Center or at our Guest Services desk, or by fax at 847.459.5741. Due to staffing requirements, you must register for all swim classes at least 2 business days prior to the start of class. If there is less than 2 days before the class begins, call Patrick Griffin at 847.850.2110 to see if anyone can be added to the class. No walk-in registrations are accepted the day class starts.

Teens & Adults

We recommend that teens and adults consider Private Swim Lessons if they are interested in learning how to swim or just want to improve swim strokes. For more information please contact Patrick Griffin at 847.850.2110.

Water Babies

These classes for infants and toddlers require active, in-water participation from parent and child. Class includes group and free time activities to help new swimmers adjust to a large body of water and become comfortable in and around the pool. This program is designed as a fundamental stepping-stone to our instructional youth program. Children must wear a swim diaper under their swimsuit.

Age: 6 months - 3 years

| Code | Day | Date | Time | M/NM Fee |
|-------|-----|-----------------|----------------|-----------|
| 39095 | Sun | Oct 20 - Nov 24 | 11 - 11:30 am | \$39/\$49 |
| 39215 | Sun | Oct 20 - Nov 24 | 1:45 - 2:15 pm | \$39/\$49 |

Instructor: Staff

Location: Fitness Center Lap Pool

Group Lessons

In this program, participants will follow the guidelines of the Learn to Swim programs levels 1 - 6. Each level introduces a challenging variety of activities for the student, including progression in swimming techniques and water safety. Swim levels and ages may be combined for any lesson, and class sizes will not exceed a 6:1 ratio of student to instructor. **No class on October 31, November 26 and 28.**

Age: 3 - 12 years

| Code | Day | Date | Time | M/NM Fee |
|-------|-----|-----------------|---------------------|-----------|
| 39091 | Sun | Oct 20 - Nov 24 | 11:45 am - 12:30 pm | \$63/\$79 |
| 39092 | Sun | Oct 20 - Nov 24 | 12:45 - 1:30 pm | \$63/\$79 |
| 39079 | Tue | Oct 22 - Dec 3 | 5:30 - 6:15 pm | \$63/\$79 |
| 39080 | Tue | Oct 22 - Dec 3 | 6:30 - 7:15 pm | \$63/\$79 |
| 39085 | Thu | Oct 24 - Dec 12 | 5:30 - 6:15 pm | \$63/\$79 |
| 39086 | Thu | Oct 24 - Dec 12 | 6:30 - 7:15 pm | \$63/\$79 |

Instructor: Staff

Location: Fitness Center Lap Pool

Adult Swim Lessons

This adult small group class will help you feel comfortable in and around the water, as well as introduce you to stroke development and coordination. **No class on December 1.**

Age: 15 years and up

| Code | Day | Date | Time | M/NM Fee |
|-------|-----|------------------|----------------|-----------|
| 39347 | Sun | Sept 15 - Oct 20 | 1:45 - 2:30 pm | \$63/\$79 |
| 39348 | Sun | Oct 27 - Dec 8 | 1:45 - 2:30 pm | \$63/\$79 |

Semi-Private Lessons

Participants will follow the guidelines of the Learn to Swim program levels 1 - 6. This class will utilize a higher instructor to participant ratio than of the Group Lessons program and is geared towards those individuals that need a bit more attention in the swimming pool. Swim levels and ages may be combined for any lesson, and class sizes will not exceed an approximate 3:1 ratio of student to instructor: **No class on November 29.**

Age: 3 years and up

| Code | Day | Date | Time | M/NM Fee |
|-------|-----|------------------|-------------|------------|
| 39143 | Fri | Sept 13 - Oct 18 | 6 - 6:30 pm | \$84/\$105 |
| 39144 | Fri | Sept 13 - Oct 18 | 6:30 - 7 pm | \$84/\$105 |
| 39145 | Fri | Oct 25 - Dec 6 | 6 - 6:30 pm | \$84/\$105 |
| 39146 | Fri | Oct 25 - Dec 6 | 6:30 - 7 pm | \$84/\$105 |

Instructor: Staff

Location: Fitness Center Lap Pool

Private Swim Lessons

Participants will follow the guidelines of the Learn to Swim Program Levels 1-6. Private lessons are ideal for those wanting to learn to swim at any age. These lessons will help develop and refine strokes so students can swim with ease, efficiency, power and smoothness. These lessons are also designed to help focus on water safety skills while progressing through various swim strokes. The registration fee includes 6 lessons of 30 minutes each and will be personally adjusted to the needs of the student. Private lessons are provided with a 1:1 student to instructor ratio. **No class on November 29.**

Age: 3 years and up

| Code | Day | Date | Time | M/NM Fee |
|-------|-----|------------------|-------------|-------------|
| 39147 | Fri | Sept 13 - Oct 18 | 7 - 7:30 pm | \$125/\$155 |
| 39148 | Fri | Sept 13 - Oct 18 | 7:30 - 8 pm | \$125/\$155 |
| 39149 | Fri | Oct 25 - Dec 6 | 7 - 7:30 pm | \$125/\$155 |
| 39150 | Fri | Oct 25 - Dec 6 | 7:30 - 8 pm | \$125/\$155 |

Instructor: Staff

Location: Fitness Center Lap Pool

Member Only Fee

| | Single Session | 5-Pack | 10-Pack |
|------------|----------------|--------|---------|
| Individual | \$32 | \$152 | \$300 |
| Buddy | \$42 | \$200 | \$395 |

Private Swim Lessons - Member Only

Private swim lessons are a great way to learn the basics of swimming or fine tune your techniques at any age. They are designed to meet your specific needs and are open to both adults and children. To register for private swim lessons, please visit our guest services desk.

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.** (Classes affected are prorated and there are no make-up classes).

Family Taekwondo

This family friendly class is intended for parents and children to enjoy Taekwondo together. Parent participation is free with enrollment of child.

Age: 4 years and up

| Code | Day | Date | Time | M/NM Fee |
|------|-----|----------------|-------------|-------------|
| 4517 | Fri | Oct 4 - Dec 20 | 5 - 5:40 pm | \$112/\$140 |

Instructor: Aris

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 |

Instructor: Aris

| | | | | |
|------|-----|----------------|-------------|------------|
| 4501 | Thu | Oct 3 - Dec 19 | 4 - 4:30 pm | \$92/\$115 |
|------|-----|----------------|-------------|------------|

Instructor: David

| | | | | |
|------|-----|----------------|---------------|-------------|
| 4502 | Sat | Oct 5 - Dec 21 | 10 - 10:30 am | \$100/\$125 |
|------|-----|----------------|---------------|-------------|

Instructor: Mandi

Beginner

Learning the martial art of 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: 6 - 16 years

| Code | Day | Date | Time | M/NM Fee |
|------|-----|------------------|----------------|-------------|
| 4503 | Mon | Sept 30 - Dec 16 | 5:25 - 6:05 pm | \$112/\$140 |

Instructor: Aris

| | | | | |
|------|-----|----------------|----------------|-------------|
| 4504 | Thu | Oct 3 - Dec 19 | 4:30 - 5:10 pm | \$102/\$128 |
|------|-----|----------------|----------------|-------------|

Instructor: David

| | | | | |
|------|-----|----------------|------------------|-------------|
| 4505 | Sat | Oct 5 - Dec 21 | 10:30 - 11:10 am | \$112/\$140 |
|------|-----|----------------|------------------|-------------|

Instructor: Mandi

SAVE THE DATE

Belt Promotion Testing
Saturday, December 14
Register with your instructor.

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 | \$30/\$170 |

Instructor: Aris

| | | | | |
|------|-----|----------------|----------------|-------------|
| 4507 | Thu | Oct 3 - Dec 19 | 6:20 - 7:10 pm | \$124/\$155 |
|------|-----|----------------|----------------|-------------|

Instructor: David

| | | | | |
|------|-----|----------------|---------------------|-------------|
| 4508 | Sat | Oct 5 - Dec 21 | 11:15 am - 12:05 pm | \$136/\$170 |
|------|-----|----------------|---------------------|-------------|

Instructor: Mandi

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 | 5:15 - 6:15 pm | \$146/\$183 |

Instructor: David

| | | | | |
|------|-----|----------------|-----------|-------------|
| 4510 | Sat | Oct 5 - Dec 21 | 9 - 10 am | \$160/\$200 |
|------|-----|----------------|-----------|-------------|

Instructor: Mandi



Black Belt Only

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 | 6:10 - 7:10 pm | \$160/\$200 |
| 4515 | Fri | Oct 4 - Dec 20 | 5:45 - 6:45 pm | \$160/\$200 |

Instructor: Aris

Adult

All belt levels are welcome to join this class. Physical fitness and self defense are the primary focuses 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 |
| 513 | Fri | Oct 4 - Dec 20 | 6:50 - 7:50 pm | \$160/\$200 |

Instructor: Aris

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 |
|------|-----|----------------|----------------|-------------|
| 4516 | Tue | Oct 1 - Dec 17 | 5:30 - 6:30 pm | \$160/\$200 |

Instructor: Adam



Online registration is available for almost all specialty programs through our Member Self Service website.

You can find the link at bgfitness.org and log in using your 6-digit ID number that is printed on the back of your membership card as the user name. Then type in 1111 as the password when logging in for the first time. After customizing your new password, you are all set to enroll online.



Vitality Spa



Vitality Spa welcomes fall with services to celebrate the season!

Call us today to schedule your appointment at 847.353.7590

Rejuvenate your mind and body with all of the riches the season has to offer! Enjoy the following specials through December 18, 2013:

Tis the season for our classic Pumpkin Spice Spa Pedicure*

A hydrating and velvety treatment that will leave you woozy and relaxed, but prepared for the season's festivities. Yum! 50 minutes only \$42 (value of \$55)

Ageless Facial

An advanced treatment that effectively fights lines and wrinkles utilizing exfoliating properties and skin plumping agents - a must for total skin rejuvenation.

50 minutes

Member \$80 (value of \$90)

Nonmember \$90 (value of \$100)

**Not valid with any other discount or promotion. Not valid toward product or gift card purchases. Must mention discount at time of booking.*

BEST VALUE! Vitality Spa Treatment Series

Massage, Facial, and Nail Series available. Please inquire about these special discounted packages. Buy 6 treatments, get the 7th free on all 6 series treatments

Free treatment has to be the same as series purchased - all series are non-refundable, non-transferable, and not to be used in conjunction with any other discount or offer.

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