

GROUP FITNESS CLASS SCHEDULE

EFFECTIVE SEPTEMBER 8 (REVISED OCTOBER 7)

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: Debbi 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: Beth/Christy
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 - 5:55 pm	Pilates 1 - 2 Pilates Mat Studio Instructor: Jennifer
5:30 - 6:15 pm	Tabata Boot Camp Gymnasium Instructor: Melissa D NEW
*5:45 - 6:45 pm	Total Body Blast Group X Studio Instructor: Melissa
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
*8:10 - 9:10 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 Group X Studio 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: Chrysta
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: Chrysta

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: Lisa
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

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 Yoga 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: Chrysta
7:30 - 8:25 am	Barre Class Pilates Mat Studio Instructor: Sharon
*8:30 - 9:30 am	Power Cycle Spin Room Instructor: Christy
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: Chrysta
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	
*8 - 9 am	Gentle Yoga Yoga Studio Instructor: Cathy
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: Jodi
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: Lisa

Time
Location

Class Name
Instructor

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.

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.



Have you ever had to walk through a cloud of smoke? Has your little one ever picked up a cigarette butt while playing?

Enjoy the fresh air!

Smoking is not permitted anywhere on Buffalo Grove Park District property. This includes all parks, athletic fields, spectator viewing areas and parking lots.

- No secondhand smoke.
- No cigarette litter means cleaner parks.
- A safer environment for everyone.

Ordinance 05-7-1