

Warm Water Arthritis

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 classes August 12 - 25 due to annual pool closing, and on September 2 due to Labor Day.



Code	Day	Date	Time	M/NM Fee
3103	Wed	July 3 - Sept 18	5:45 - 6:30 pm	\$60/\$70

Instructor: Karen

3100	Mon	July 1 - Sept 16	10:15 - 11 am	\$54/\$63
3102	Tue	July 2 - Sept 17	10 - 10:45 am	\$60/\$70
3104	Thu	July 11 - Sept 19	10 - 10:45 am	\$54/\$63
3105	Thu	July 11 - Sept 19	10:50 - 11:35 am	\$54/\$63

Instructor: Lisa

3101	Mon	July 1 - Sept 16	5:45 - 6:30 pm	\$54/\$63
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Instructor: Sharon

2 classes per week special!
Monday (3100) and Thursday (3105)

\$81 for Members
\$90 for Nonmembers

Class Code: 3106

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. Call 847.353.7519 for more information on getting started.

**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.*

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. Minimum of 8 participants required.

Code: 3620 M/NM Fee: \$320/\$400

Day	Date	Time
Sun	June 30 - Sept 15	8 - 9 am
Tue	July 2 - Sept 17	4:45 - 5:45 pm
Fri	July 5 - Sept 20	5:30 - 6:30 pm

Instructor: Yelena

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 Dennis Houghton at 847.353.7517 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.



No class on September 2.

Code	Day	Date	Time	M/NM Fee
3300	Mon	July 1 - Sept 16	5:45 - 6:30 am	\$202/\$252
3301	Tue	July 2 - Sept 17	6 - 6:45 pm	\$220/\$275
3302	Wed	July 3 - Sept 18	6 - 6:45 pm	\$220/\$275
3303	Sat	July 6 - Sept 21	8 - 8:45 am	\$220/\$275