

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
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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.