

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. **No class on July 3, 5 and 26.** (ML)

Age: 18 years and up

Code	Day	Date	Time	R/NR Fee
35347	Tue	June 5 - Aug 7	9:45 - 10:30 a.m.	\$27/\$34
35346	Thu	June 7 - Aug 9	9:45 - 10:30 a.m.	\$24/\$30

Instructor: Barnett

Location: Emmerich Park

Step 'N Out

Step aerobics is fun and challenging for beginners or experienced exercisers. This class will give you a complete and motivating workout including a muscle-toning segment, concluding with flexibility stretches. **No class on July 4.** (ML)

Age: 16 years and up

Code	Day	Date	Time	R/NR Fee
35360	Wed	June 6 - Aug 15	9:15 - 10:15 a.m.	\$48/\$59
35359	Sat	June 9 - Aug 18	8:45 - 9:45 a.m.	\$52/\$65

Instructor: Nelson

Location: Emmerich Park

Step & Pump

This interval class will tone your body and burn fat at the same time. Segments of step aerobics will keep your heart pounding, while working with weights and exer-bands sculpt your muscles. We will end with some core muscle work and a relaxing stretch for an overall workout. **No class on July 4.** (ML)

Age: 16 years and up

Code	Day	Date	Time	R/NR Fee
35361	Mon	June 4 - Aug 13	7:05 - 8:05 p.m.	\$52/\$65
35362	Wed	June 6 - Aug 15	8:05 - 9:05 p.m.	\$48/\$59

Instructor: Nelson

Location: Emmerich Park

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. **No class on July 3, 5 and 26.** (ML)

Age: 16 years and up

Code	Day	Date	Time	R/NR Fee
35348	Tue	June 5 - Aug 7	8:30 - 9:30 a.m.	\$43/\$53
35349	Thu	June 7 - Aug 9	8:30 - 9:30 a.m.	\$38/\$48

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
35355	Mon	June 4 - Aug 13	9:25 - 10:25 a.m.	\$72/\$89
35356	Mon	June 4 - Aug 13	8:15 - 9:15 p.m.	\$72/\$89

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
35357	Fri	June 8 - Aug 17	9:25 - 10:25 a.m.	\$72/\$89

Instructor: Nelson

Location: Emmerich Park

Pilates Fusion

This class takes the classic exercises of mat Pilates and combines them with yoga and ballet inspired exercises for a total body workout that will create long, lean muscles, improve flexibility, balance and posture, reduce stress and strengthen the core to help reduce back pain. This class offers modifications, as well as more advanced challenges so that everyone can participate, whether these types of exercises are new to you or you are a seasoned athlete. Please bring a roll-up Pilates style mat and a towel to class. **No class on July 4.** (ML)

Age: 16 - 61 years

Code	Day	Date	Time	R/NR Fee
35350	Wed	June 6 - Aug 15	10:30 - 11:30 a.m.	\$65/\$81

Instructor: Nelson

Location: Emmerich Park

20% Senior Discount

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

Jumpstart Your Week! What Have You Got To Lose?

Start your week on the right track! Whether it's that last 5 - 10 pounds you want to drop or the first of many, this class can help you achieve your fitness goals. No fancy footwork, just the basics to help jumpstart your workout. This class is for anyone, whether you are new to working out or maybe you've reached a plateau and need to shake things up a bit. For 45 minutes you will have a talented fitness instructor to help motivate you to burn fat and sculpt muscles, while you increase your metabolism to lose more weight and inches off your body. (ML)

Age: 16 years and up

Code	Day	Date	Time	R/NR Fee
35358	Mon	June 4 - Aug 13	8:30 - 9:15 a.m.	\$52/\$65

Instructor: Nelson

Location: Emmerich Park



Jumpstart Your Weekend - Friday Morning Circuits

This class consists of circuit training that changes each week and will give you the energy you need to get your weekend off to a great and healthy start. You will spend between 30 seconds to 1 minute per station and make your way around the circuit several times. Typically, the circuit will be set up with alternating cardio and strength stations to give you the most calorie burn for your time and will always end with some stretching. Equipment will vary and will include hand weights, resistance bands, stability balls, weighted bars, steps and jump ropes, so you will never be bored and your body won't be able to plateau from doing the same boring routines. You will improve cardiovascular endurance, build strength and tone your muscles. The results that you will see will motivate you to keep moving through the entire weekend! (ML)

Age: 16 - 61 years

Code	Day	Date	Time	R/NR Fee
35363	Fri	June 8 - Aug 17	8:30 - 9:15 a.m.	\$52/\$65

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 July 1, 3 and 5.** (CE)

Age: 16 years and up

Code	Day	Date	Time	R/NR Fee
35336	Sun	June 3 - Aug 26	9 - 10 a.m.	\$115/\$140
35334	Tue	June 5 - Aug 28	7 - 8 p.m.	\$115/\$140
35335	Thu	June 7 - Aug 30	7 - 8 p.m.	\$115/\$140

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 July 5.** (CE)

Age: 18 years and up

Code	Day	Date	Time	R/NR Fee
35340	Thu	June 14 - Aug 23	9:30 - 10:15 a.m.	\$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 July 5.** (CE)

Age: 16 years and up

Code	Day	Date	Time	R/NR Fee
35339	Thu	June 7 - Aug 30	8:05 - 9:05 p.m.	\$115/\$140

Instructor: Sotelo

Location: Alcott Center

Fitness Kickboxing

Achieve the topnotch physical condition of a professional kick boxer without the bumps or bruises. Learn the techniques of boxing and kicking while participating in a fun, well supervised workout. Kickboxing uses every major muscle group of the body and is highly effective for developing cardiovascular fitness and body fat reduction. This is a non-contact program, but using your new skills for self-defense will be covered. Please wear appropriate clothing. **No class on July 4.** (CE)

Age: 16 years and up

Code	Day	Date	Time	R/NR Fee
35365	Wed	June 6 - Aug 15	7 - 8 p.m.	\$140/\$175

Instructor: Ripp

Location: Alcott Center

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 June 17 and July 15.** (CE)

Age: 16 years and up

Code	Day	Date	Time	R/NR Fee
35299	Wed	June 6 - Aug 15	6:30 - 7:45 p.m.	\$110/\$138
35300	Sun	June 10 - Aug 19	9 - 10:15 a.m.	\$100/\$125

Instructor: Chamberlain, CYT

Location: Alcott Center

Chair Yoga

Get fit while you sit. Inhale, exhale, stretch and bend as you release your stress with Yidya. 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. **No class on June 9.** (TE)

Age: 16 years and up

Code	Day	Date	Time	R/NR Fee
35181	Sat	June 2 - July 7	12:30 - 1:30 p.m.	\$42/\$48

Instructor: Nahar, RYT

Location: Alcott Center

Sunrise Yoga In The Park

This program is for the entire family. Please bring your yoga mat or a beach towel, or a sturdy chair if you would like to do yoga seated on or standing by a chair. Doing yoga stretches, in fresh air with the rising sun, is tremendously beneficial for one's body, mind and spirit. Why not start your day on a healthy note? This class meets rain or shine. **No class on June 15.** (TE)

Code	Day	Date	Time	Fee
35180	Fri	June 1 - June 29	6 - 7 a.m.	Free

Instructor: Nahar, RYT

Location: Willow Stream Park

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 July 4 and August 8.** (CE)

Age: 18 years and up

Code	Level	Day	Date	Time	R/NR Fee
35327	Beginning	Wed	June 27 - Aug 29	7 - 8 p.m.	\$90/\$112
35328	Continuing	Wed	June 27 - Aug 29	7 - 8 p.m.	\$90/\$112

Instructor: Fugate

Location: Alcott Center

Prenatal/Postpartum Fitness

Certified in prenatal/postpartum fitness by SCW's Moms In Motion, Lois Nelson will meet with you one-on-one at your convenience to answer your questions regarding exercises and nutrition during this important time in your life. After a health and personal survey are completed, Lois will provide handouts and give advice on exercises that you can do at home using inexpensive resistance bands, as well as recommend books and videos to follow. Or, if you choose, you can continue to meet one-on-one for more personal training-like sessions. After signing up you will be contacted to schedule a time that works just for you. A doctor's permission is required. Registration for this class must be done at the Alcott Center. (ML)

Age: 16 years and up

Code	Day/Time	R/NR Fee
35364	By Appointment	\$35/\$44

Instructor: Nelson

Location: Alcott Center

BUFFALO GROVE FITNESS CENTER

CLUB INDUSTRY
TOP 100

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

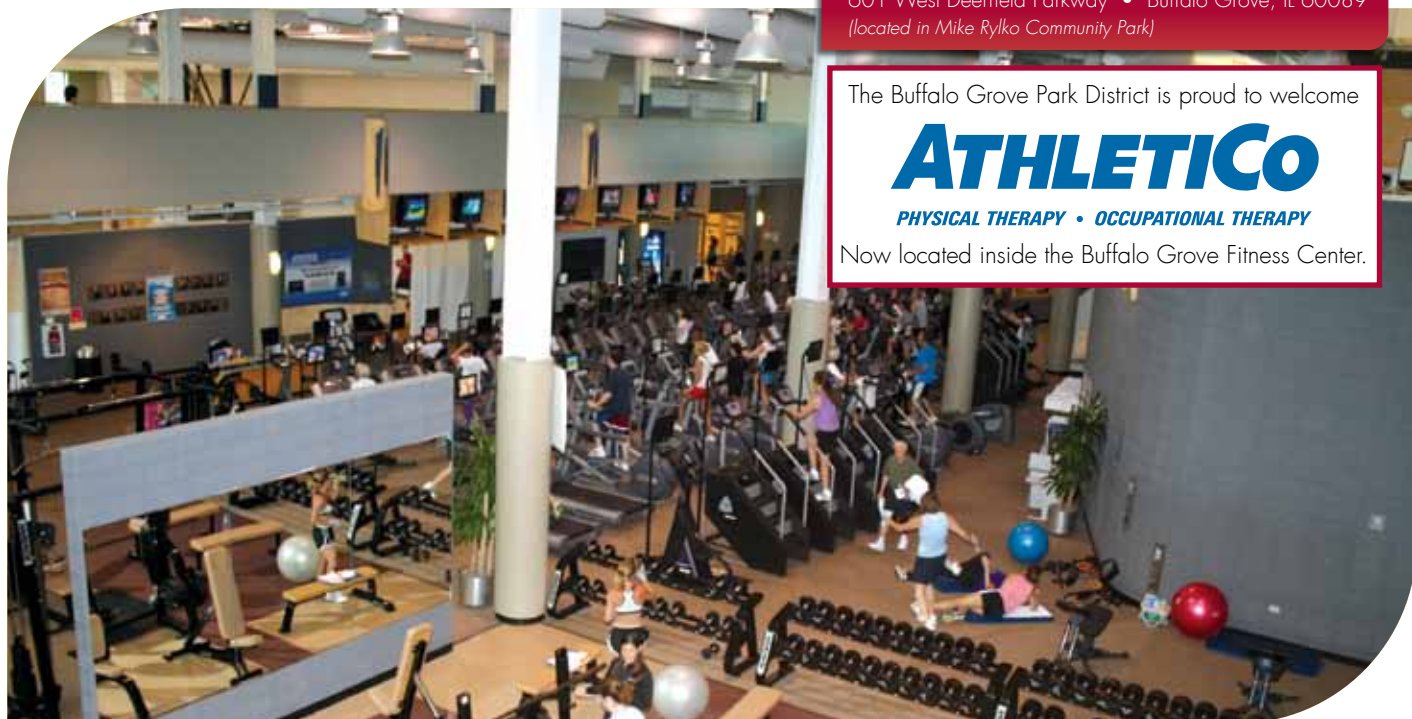
601 West Deerfield Parkway • Buffalo Grove, IL 60089
(located in Mike Rylko Community Park)

The Buffalo Grove Park District is proud to welcome

ATHLETICO

PHYSICAL THERAPY • OCCUPATIONAL THERAPY

Now located inside the Buffalo Grove Fitness Center.



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 a.m. - 10 p.m.
Friday	5 a.m. - 9 p.m.
Saturday & Sunday	6 a.m. - 7 p.m.


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

Phone: (847) 353-7500 • Fax: (847) 353-7530

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 - 11 years and includes an outdoor playground, XerPro Sportwall® and crafts. For more information, please call (847) 353-7535.



Vitality Spa

Open to the public

Get ready for summer and let Vitality Spa be your destination for summertime spa going!

Experience a relaxing or deep tissue massage, perfect for after those strenuous summer sport. Put your best foot forward with one of our revitalizing pedicures or choose our incredible no chip manicure that requires no drying time and lasts up to 2 weeks.

Your face boasts some of the most sensitive skin on your body. Summer is the best time to hydrate and a complimentary consultation with one of our licensed estheticians will ensure that your summer skin care goals are achieved.

Whether you enjoy a massage, facial, body scrub, or our impeccable nail services, Vitality Spa has a treatment customized to you for a beautiful summer.

For more information or to schedule your appointment, call Vitality Spa at (847) 353-7590.

Open To The Public




Vitality Spa

\$10 Off
Any single
spa service*

*Minimum service of \$35

On-site childcare available

Offer valid until July 31, 2012. 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.

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 inquire about what type of training is best for you or to begin your training program contact Liane Faigen at (847) 353-7582.

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

This method of exercise focuses on core strengthening through stabilization of the pelvic and shoulder girdles, as well as stretching tight muscles for optimum functional performance. All Pilates training sessions are now held in our brand new Pilates equipment studio.

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. For more information, please contact Liane Faigen at (847) 353-7582.

Specialty Programs

All specialty programs are now 12 week sessions.

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. For more information, contact Liane Faigen at (847) 353-7582.

Age: 16 years and up

Code	Day	Date	Time	M/NM Fee
3102	Mon	July 2 - Sept 17	5:45 - 6:30 p.m.	\$55/\$67

Instructor: Murtha

Location: Buffalo Grove Fitness Center

3101	Mon	July 2 - Sept 17	10:15 - 11 a.m.	\$55/\$67
3103	Tue	July 3 - Sept 18	10 - 10:45 a.m.	\$60/\$72
3105	Thu	July 5 - Sept 20	10 - 10:45 a.m.	\$60/\$72
3106	Thu	July 5 - Sept 20	10:50 - 11:35 a.m.	\$60/\$72

Instructor: Jassin

Location: Buffalo Grove Fitness Center

3104	Wed	July 11 - Sept 19	5:45 - 6:30 p.m.	\$55/\$67
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Instructor: Carr

Location: Buffalo Grove Fitness Center

Pilates Reformer Classes

Reformer classes will improve core strength, flexibility, joint mobility, along with leaving you feeling tall and refreshed. As Joshep 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 a level 1 class. **No class on July 4.**

Age: 16 years and up

Code	Level	Day	Date	Time	M/NM Fee
3706	3	Thu	July 5 - Aug 23	6:35 - 7:35 p.m.	\$352/\$400

3708	2	Fri	July 6 - Aug 24	10 - 11 a.m.	\$352/\$400
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3710	2	Sat	July 7 - Aug 25	8 - 9 a.m.	\$352/\$400
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3709	2	Sat	July 7 - Aug 25	9 - 10 a.m.	\$352/\$400
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3703	3	Wed	July 11 - Aug 22	6:35 - 7:35 p.m.	\$323/\$367
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Instructor: Galyayeva **Location:** Buffalo Grove Fitness Center

3701	3	Tue	July 3 - Aug 21	7:35 - 8:35 p.m.	\$352/\$400
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3707	1	Fri	July 6 - Aug 24	9 - 10 a.m.	\$352/\$400
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Instructor: Alesi **Location:** Buffalo Grove Fitness Center

3702	2	Wed	July 11 - Aug 22	10:30 - 11:30 a.m.	\$323/\$367
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Instructor: Faigen **Location:** Buffalo Grove Fitness Center

3704	3	Thu	July 5 - Aug 23	9 - 10 a.m.	\$352/\$400
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3705	1	Thu	July 5 - Aug 23	10 - 11 a.m.	\$352/\$400
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Instructor: Stark **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. As you progress, simply add weight. Strength training can literally turn back the clock by simultaneously building muscle, while body fat is burned away. Improved lean muscle provides a better appearance, an increased ability to perform daily tasks and an elevated metabolic rate to help burn fat more efficiently. Buffalo Grove Fitness Center members pay \$110 for unlimited classes for a 12 week session. Nonmembers pay \$250 for unlimited classes or \$20 per class. **No class on July 4.**

Age: 16 years and up

Day	Time
Tue	4:45 - 5:45 p.m.
Wed	6:40 - 7:40 p.m.
Thu	9:30 - 10:30 a.m.
Fri	5:30 - 6:30 p.m.
Sat	10:20 - 11:20 a.m.

Living Lite

This program 12 week program is designed to help participants meet their fitness and weight loss goals. It will provide structured guidelines for weight loss, utilizing a comprehensive approach, combining nutrition education, along with individualized guided fitness programs. Each participant will receive 12 half hour individualized nutritional consultations, 12 one hour personal training sessions, unlimited Group Power classes, along with an initial fitness evaluation. Get started at any time for this 12 week program. For more information, contact Liane Faigen at (847) 353-7582.

Healthy Minds, Healthy Bodies

Northeast DuPage Special Recreation Association (NEDSRA) recognizes the challenges faced by returning veterans with a disability. To meet their wellness needs, NEDSRA combined its resources and expertise with those of ClubFitness, U.S. Paralympics, and the Rehabilitation Institute of Chicago to offer a unique, new program, free-of-charge to qualified returning veterans. This program is now available at the Buffalo Grove Fitness Center.

Veterans accepted into the program receive a free full year of membership to the Buffalo Grove Fitness Center, including a free membership for a spouse, partner or friend. 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.

An initial consultation is required to help us determine whether this program is right for you. For more information, and to schedule your consultation, please contact Liane Faigen at (847) 353-7582.

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. For more information, please contact Liane Faigen at (847) 353-7582. **No class on July 4 and September 3.**

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
3800	Mon	July 2 - Sept 17	4 - 4:30 p.m.	\$92/\$115
3802	Sat	July 7 - Sept 22	10 - 10:30 a.m.	\$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
3803	Mon	July 2 - Sept 17	5:25 - 6:05 p.m.	\$106/\$129
3804	Thu	July 5 - Sept 20	6:30 - 7:10 p.m.	\$115/\$140
3505	Sat	July 7 - Sept 22	10:30 - 11:10 a.m.	\$115/\$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
3806	Mon	July 2 - Sept 17	4:30 - 5:20 p.m.	\$129/\$156
3807	Thu	July 5 - Sept 20	4:30 - 5:20 p.m.	\$140/\$170
3808	Sat	July 7 - Sept 22	11:15 a.m. - 12:05 p.m.	\$140/\$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
3809	Thu	July 5 - Sept 20	5:25 - 6:25 p.m.	\$170/\$200
3810	Sat	July 7 - Sept 22	9 - 10 a.m.	\$170/\$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
3812	Mon	July 2 - Sept 17	7:15 - 8:15 p.m.	\$156/\$184
3813	Thu	July 5 - Sept 20	7:15 - 8:15 p.m.	\$170/\$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
3811	Mon	July 2 - Sept 17	6:10 - 7:10 p.m.	\$156/\$184

Instructor: De Guzman

Location: Buffalo Grove Fitness Center



Renovation Celebration

Saturday, May 12
5 - 7 p.m.

A social event that includes...

- Hors d'oeuvres
- Prizes
- Tours of facility
- New Pilates Equipment Studio
- New Specialty Training Studio
- New Programs Area
- Private Women's Workout Area
- Athletico