

# B-FIT CENTER

172 S. Circle Ave. | Bloomingdale, IL 60108 | 630-529-3650



### Cardio

- Treadmills
- Ellipticals
- Recumbent bike
- Upright bike
- NuStep recumbent cross trainer

### Machines/Weights

- Weight benches
- Weight rack
- Leg press/calf extension machine
- Leg extension/leg curl machine
- Pulldown machine
- Functional training/strength setup

### Group Fitness

- 946 square feet
- TRX Stations
- Members have access when no classes are in session.

### Membership

<b>Enrollment Fee</b>	\$25
<b>Annual membership</b>	
\$145 Resident	\$185 Non-Resident
<b>Monthly membership</b>	
\$15 Resident	\$19 Non-Resident
<b>Senior (62+) Annual Membership</b>	
\$116 Resident	\$156 Non-Resident
<b>Senior (62+) Monthly Membership</b>	
\$12 Resident	\$15 Non-Resident
<b>Daily Fee</b>	
\$5 Resident	\$7 Non-Resident
<b>Corporate Annual Membership</b>	
\$165/person – 5 employee minimum required	

### Hours

Subject to change due to COVID.

<b>Monday-Thursday</b>	6:30am-7:30pm
<b>Friday</b>	6:30am-6:30pm
<b>Saturday-Sunday</b>	8:30am-12:30pm

<b>July 4</b>	Closed
<b>Memorial Day</b>	Closed

Reservations required. To make a reservation, call (630) 529-3650. Time slots must be strictly followed. Face masks are required while working out.

## Meet our Personal Trainers



**Julia Blankenship** graduated from Illinois State University in 2016 with a bachelor's degree in insurance and risk management. After working in the corporate world for some time, she realized her true calling is helping others achieve optimum wellness. **As a Certified Personal Trainer and Certified Wellness Coach with specializations in senior fitness and nutrition**, Julia believes that wellness is about much more than the number on the scale. Julia utilizes a holistic approach combined with clinically

proven methods to help her clients achieve optimum wellness by teaching:

- Overcoming Obstacles
- Disease Prevention
- Balanced Lifestyle Practices
- Proper and Maintainable Nutrition
- Sustainable Weight Loss Methods
- Enjoyable Exercise: Strength Training, High Intensity Interval Training, Cardio & Yoga

Julia believes that every client knows what's best for themselves, they may just need help getting there. Work with Julia today to see first-hand how exercise can transform your life.

- Fitness Assessments
- 30- or 60-minute sessions
- Progress Tracking
- No repeat workouts



**Mark Gazda** has 10 years of personal training experience. Mark graduated from National Personal Training Institute with a certification in personal training and nutrition. He is also continuing his education by pursuing a bachelor's degree in kinesiology. Mark is from Chicago and currently lives in Bloomingdale. He is very passionate about martial arts and played softball and volleyball growing up. His goal as a trainer is to make exercise fun and obtainable.

### Personal Training Fees

- 4 60-minute personal training sessions \$180
- 8 60-minute personal training sessions \$320
- 10 60-minute personal training sessions \$350
- 1 60-minute session \$50
- \*Assessment fee: \$25
- 4 30-minute personal training sessions \$90
- 8 30-minute personal training sessions \$160
- 10 30-minute personal training sessions \$175
- 1 30-minute session \$25

The 2021 golf season is in "Full Swing" at Bloomingdale Golf Club. We would like to remind you of many great opportunities awaiting you at the golf course:

- Community Card Discount Program
- Junior Tournament
- Nine and Dine Mixed Couples Events
- Individual Private Golf Instruction
- Junior Golf School - Little Hitters
- "Youth on Course" Program



### "Little Hitters" Junior Golf School

Taught by our PGA golf professional staff, our objective is to provide a fun introduction to the game. Each session will go for two weeks, three days each of these weeks. The first week covers some basic fundamentals, rules of the game, etiquette, and short game. The second week of school focuses on the full swing using the irons and woods. All students should have a set of golf clubs. If there is a need for equipment, please inform the golf shop. Register online at [www.bloomingdalegc.com](http://www.bloomingdalegc.com) or in the golf pro shop.

Age	Day	Time	Date	Fee	Min/Max
5-7	W	10-10:50AM	6/15-6/24	\$75	4/10
5-7	W	10-10:50AM	7/6-7/15	\$75	4/10
5-7	W	10-10:50AM	7/20-7/29	\$75	4/10

### Youth on Course Only \$5!

This program is designed to give juniors between the ages of 7-17 the opportunity to play 9 or 18 holes of golf for only \$5. To be a participant, juniors need to register at the Chicago District Golf Association (CDGA) website at [www.CDGA.org](http://www.CDGA.org). There is a \$20 annual registration fee. Once registered, the junior golfer will receive an identification card that must be presented along with a photo ID when paying in the golf shop. The junior MUST be present in the pro shop (if parent or another adult is paying). Availability dates to play at Bloomingdale GC are Mondays, Thursdays, and Fridays (any time), and after 2 p.m. on Saturdays and Sundays. The \$5 fee covers up to 18 holes of golf (walking). Juniors may play at any course (locally or nationally) that is part of this program.

### Fourth Annual Bloomingdale Junior Golf Classic Tournament

**Tuesday, July 6**

Various age divisions

9 or 18 holes

Additional information available at [www.bloomingdalegc.com](http://www.bloomingdalegc.com) or in the golf shop.

# Adult Fitness & Sports

## Tai Chi for Health

Tai Chi is a gentle, beautiful and flowing exercise routine that is a joy to perform. Gentle rocking and stretching movements improve circulation and digestion while reducing blood pressure and physical tension. Participants may choose to sit or stand as needed.

**Location: Wood Dale Rec. Cent**

**Adult Fitness (rd)**

**Instructor: John**

**MIN/MAX: 5/5**

Age	Day	Time	Date	R/NR Fee	Code #
18-Adult	Thu	11A-12P	Jun 3-Jul 22	\$88/\$108	403558-A1
18-Adult	Thu	11A-12P	Aug 5-Sep 23	\$88/\$108	403558-B1

## Tai Chi Ch'uan

Through practice, your mind can achieve an inner peace rarely experienced with other forms of exercise. This class helps you develop a harmony with the world on a physical, mental, emotional and ultimately, spiritual level. Practice strengthens the immune system, improves posture, balance, coordination, flexibility and strength, reduces blood pressure and stress, and releases tension allowing a feeling of positive energy to flow through your body.

**Location: Roselle Park District**

**Adult Fitness (rd)**

**Instructor: John**

**MIN/MAX: 5/5**

Age	Day	Time	Date	R/NR Fee	Code #
<b>Beginner</b>					
18-Adult	Thu	9-10A	Jun 3-Jul 22	\$88/\$108	403573-A1
18-Adult	Thu	9-10A	Aug 5-Sep 23	\$88/\$108	403573-A2
<b>Continued</b>					
18-Adult	Thu	9-10:30A	Jun 3-Jul 22	\$108/\$128	403573-B1
18-Adult	Thu	9-10:30A	Aug 5-Sep 23	\$108/\$128	403573-B2

## Line Dancing

Love to dance? Learn to line dance to country, pop, rock, oldies and current hits using a pattern of steps that repeats throughout a song. Each session is different as the dances available are limitless. Wear smooth-soled shoes. No experience necessary. Class is taught by Dance with Janet. Section V1 and V2 are virtual. A link will be emailed to virtual participants.

**Location: GROUP X**

**Adult Fitness (rd)**

**Instructor: Dance with Janet**

**MIN/MAX: 7/10**

Age	Day	Time	Date	R/NR Fee	Code #
18-Adult	Wed	7-8:15P	Jun 9-Jul 14	\$50/\$70	403578-A1
18-Adult	Wed	7-8:15P	Jul 28-Sep 1	\$50/\$70	403578-A2
18-Adult	Tue	7-8:15P	Jun 1-Jul 6	\$50/\$50	403578-V1
18-Adult	Tue	7-8:15P	Jul 20-Aug 24	\$50/\$50	403578-V2



## Yoga Flow and Meditation

Slow down, turn inward and let go in this calming, gentle guided flow. All levels are welcome! Please bring a water bottle and yoga mat to class. Masks and social distancing must be followed. For virtual link: a link to the class will be sent to the email address on file no later than one hour before the first class. Sections V-virtual.

**Location: Oak - Lounge**

**Adult Fitness (rd)**

**Instructor: Julie Gentile, RYT**

**MIN/MAX: 7/15**

Age	Day	Time	Date	R/NR Fee	Code #
18-Adult	Mon	7-7:40P	Jun 7-Aug 16	\$70/\$90	403580-A1
18-Adult	Mon	7-7:40P	Jun 7-Aug 16	\$70/\$70	403580-V1

\*NO CLASS 7/5

## Yoga for Self-Care

Step onto your mat and into your highest potential with mind-body-spirit practices, including yoga poses, breathing exercises and meditation with an emphasis on self-care. All levels are welcome! Please bring a water bottle and yoga mat to class. For virtual: A link to the class will be sent to the email address on file no later than one hour before the first class. Sections V-virtual.

**Location: Oak - Lounge**

**Adult Fitness (rd)**

**Instructor: Julie, RYT**

**MIN/MAX: 7/15**

Age	Day	Time	Date	R/NR Fee	Code #
18-Adult	Wed	7-7:40P	Jun 9-Aug 18	\$77/\$97	403581-A1
18-Adult	Wed	7-7:40P	Jun 9-Aug 18	\$77/\$77	403581-V1

## Cardio Conditioning

This class features low impact cardio, balance work and strength training with light weights. Cardio Conditioning burns calories, increases energy and builds strength.

**Location: GROUP X**

**Adult (rd)**

**Instructor: Traci**

**MIN/MAX: 5/15**

Age	Day	Time	Date	R/NR Fee	Code #
18-Adult	Mon	12-1P	Jun 7-Jul 12	\$42/\$62	403590-A1
18-Adult	Mon	12-1P	Jul 19-Aug 23	\$42/\$62	403590-A2

## TRX

Using body weight, TRX builds total body strength and flexibility, develops core stability and delivers a fun workout that is adjustable for all levels.

**Location: GROUP X**

**Adult Fitness (rd)**

**Instructor: Traci**

**MIN/MAX: 5/15**

Age	Day	Time	Date	R/NR Fee	Code #
16-Adult	Mon	1:15-2P	Jun 7-Jul 12	\$42/\$62	403591-A1
16-Adult	Mon	1:15-2P	Jul 19-Aug 23	\$42/\$62	403591-A2

## Aqua Bootcamp

Get your cardio and toning at the same time! Strengthen abs, arms and legs while getting your heart pumping. No drop-ins please.

**Location:** Cuda Cove  
**Instructor:** Lee Anne

**Adult Fitness (rd)**  
**MIN/MAX:** 5/10

Age	Day	Time	Date	R/NR Fee	Code #
18-Adult	Tue & Thu	12:15-1:15P	Jun 15-Jul 8	\$89/\$109	405412-A1
18-Adult	Tue	12:15-1:15P	Jun 15-Jul 6	\$45/\$65	405412-A2
18-Adult	Thu	12:15-1:15P	Jun 17-Jul 8	\$45/\$65	405412-A3
18-Adult	Tue & Thu	12:15-1:15P	Jul 13-Aug 5	\$89/\$109	405412-B1
18-Adult	Tue	12:15-1:15P	Jul 13-Aug 3	\$45/\$65	405412-B2
18-Adult	Thu	12:15-1:15P	Jul 15-Aug 5	\$45/\$65	405412-B3



## Teen & Adult Taekwondo

Restricted to high school students and older, this program concentrates on Taekwondo techniques through the study of forms and stances and the skills of punching, kicking and blocking.

**Location:** JRC Lounge  
**Instructor:** KH KIM Taekwondo

**Youth (ct)**  
**MIN/MAX:** 4/10

Age	Day	Time	Date	R/NR Fee	Code #
14-Adult	Sat	9-9:55A	Jun 19-Aug 28	\$116/\$136	403105-A1

## Parent & Child Taekwondo

This class provides families with a fun opportunity to spend time together while improving physical and mental conditioning through cardiovascular drills, calisthenics and traditional Taekwondo techniques including punching, kicking and blocking. Students improve concentration and self-esteem, achieve lifelong physical fitness and learn self-defense skills.

**Location:** JRC Lounge  
**Instructor:** KH KIM Taekwondo

**Youth (ct)**  
**MIN/MAX:** 4/10

Age	Day	Time	Date	R/NR Fee	Code #
7-Adult	Sat	9-9:55A	Jun 19-Aug 28	\$116/\$136	402109-A1

## Fencing For All

This class offers students the basic understanding of attack and defense in fencing. Register with family members or friends to increase the fun! Additional family members can receive a 50% discount when registering together. Instructor considers the height and ability of each fencer. Fencing is one of the few sports that already practices social distancing. However, due to the contagious and asymptomatic nature of coronavirus, fencers must choose to rent personal equipment for the session or to purchase their own basic set (est. \$140). This is also true for additional family members who received a 50% discount on registration fees. To rent a personal set of equipment, contact Fencing Sports Club on voice only number 630-678-0035 to share body size and then you will simply attend the first class of the beginner session. When you rent a set, no one is guaranteed perfect fitting club equipment. The set given to our fencer is at the discretion of the instructor. If you prefer to purchase a personal beginner set, the club is happy to quickly assist with ordering from Blue Gauntlet. Participant must attend first class with their new set in hand. At the end of session, you may have the club buy your equipment at 50% of purchase price.

**Location:** Westfield Gym  
**Instructor:** Tracy Lapshin

**Youth (ct)**  
**MIN/MAX:** 5/10

Age	Day	Time	Date	R/NR Fee	Code #
8-Adult	Thu	5-5:45P	Jul 15-Aug 5	\$40/\$60	402375-A1
8-Adult	Thu	5-5:45P	Aug 12-Sep 2	\$40/\$60	402375-A3
<b>Add'l Family Member</b>					
8-Adult	Thu	5-5:45P	Jul 15-Aug 5	\$20/\$40	402375-A2
8-Adult	Thu	5-5:45P	Aug 12-Sep 2	\$20/\$40	402375-A4

## Westfield Walking Track

### Get Moving. Get in Shape. Get Healthy. Feel Great!

Did you know the Westfield Walking Track is free for residents of Bloomingdale?

The track consists of two lanes. The inside lane is for walkers and the outside lane is for runners/joggers. 15 laps=1 mile.

All persons using the indoor track must have a photo ID to show residency. Non-residents must purchase a pass at the Johnston Recreation Center. Passes are good for one year from the date of purchase.

**Fee:** Free resident/\$30 non-resident

### Hours of Operation beginning June 1

(subject to change)

Monday-Thursday	Friday	Saturday
6:30-8AM	6:30-8AM	8AM-12PM
4-9PM	4-8PM	

**Hours subject to change.**

**Note:** Gym will close by 8:30 p.m., Monday through Thursday if there are no attendees.

# Adult Fitness & Sports

## Strides 360® by FIT4MOM

Strides 360® promises a heart-pumping workout designed to increase your endurance while also developing speed, agility, and quickness to help you sprint through mom life. Bodyweight conditioning is strategically placed to provide recovery, strength and round out your workout. It's for any mom interested in a workout that can be as hard as you need it to be on your good days or scaled back on days you're not sure how you made it out the door! Bring your kiddos with you in the stroller or leave the kiddo at home and come play with your mom friends. Either way, the hour will fly by and leave you energized for the rest of your day! Your first class is FREE!

### Requirements

- Must be at least 6 weeks postnatal
- Expecting moms must obtain written OBGYN approval prior to attending class

### Pricing

- Membership passes range from \$79-\$119 per month
- One-time \$75 registration fee for new members
- \$20 per class drop-in rate

Class runs Tuesdays at 6 p.m. at Springfield Park. Enroll with FIT4MOM Greater Northwest Chicago Suburbs at [greaternwchi.fit4mom.com/schedule](https://greaternwchi.fit4mom.com/schedule).

## Stroller Barre® by FIT4MOM

Stroller Barre® is a 60-minute cardio and strength interval class designed to improve posture, stability, and mobility. The workout combines moves inspired by barre, ballet, Pilates, fitness, and yoga to help you regain your posture and alignment and strengthen your body from the inside out! Stroller Barre will help you reconnect with your body, increase flexibility and develop the core strength needed for motherhood. Your first class is FREE!

### Requirements

- Must be at least 6 weeks postnatal
- Expecting moms must obtain written OBGYN approval prior to attending class
- Facemasks required upon arrival for class participants and all children age 2 and older. Adult participants may remove facemask during class. Facemasks required immediately at the end of class.
- Participants must maintain a minimum of 6 ft. apart throughout class.

### Pricing

- Membership passes range from \$79-\$119 per month
- One-time \$75 registration fee for new members
- \$20 per class drop-in rate

Class runs every Thursday at 9:30 a.m. at Springfield Park. Enroll with FIT4MOM Greater Northwest Chicago Suburbs at [greaternwchi.fit4mom.com/schedule](https://greaternwchi.fit4mom.com/schedule).

Programs and events are subject to change in accordance with current COVID-19 restrictions and mandates. Please check [bloomingdaleparks.org](https://bloomingdaleparks.org) or call the JRC Front Desk at 630-529-3650 for current program and event information. When participating in a program/class, a mask is required for participants 2 years and older. Participants should bring their own water; no water fountains will be available. Participants are encouraged to bring a small personal hand sanitizer to class. Six feet social distancing is required.



## Body Well® by FIT4MOM

Body Well® is a results-based workout and nutrition program designed by and for moms. In this program, you will get support, inspiration, and encouragement from your Body Well coach and the women in your session. You'll receive educational resources that will help you manage stress, sleep better, and nourish your body with nutrient-dense, whole-foods and simple ingredients (a full nutrition guide + recipes). Your Body Well coach will guide and motivate you throughout your 5 or 8-week Body Well journey; giving you personalized nutrition coaching, online and offline accountability, before/after fitness assessments, and more! Women at every stage of motherhood will get safe and effective workouts, whether you're 6 months or 20 years postnatal.

### Requirements

- Must be at least 6 months postnatal
- Moms ONLY
- New members must obtain doctor approval prior to first class

### Pricing

- 8-Week and 5-Week Mini Sessions offered throughout the year
- 8-Week Sessions - \$419
- 5-Week Mini Sessions - \$269
- Includes 1 resistance band, access to FIT4MOM Body Well nutrition and recipes app, access to online at-home workouts, access to private accountability/support Facebook page

\*Early Bird pricing and other discounts available for a limited time prior to each session. Visit [greaternwchi.fit4mom.com](https://greaternwchi.fit4mom.com).

Session classes run Wednesdays at 7:30 p.m./Saturdays at 7:30 a.m. at Springfield Park. Learn more & enroll with FIT4MOM Greater Northwest Chicago Suburbs at <https://greaternwchi.fit4mom.com/body-well>.