

B-FIT CENTER

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



**Silver Sneakers
coming soon!**

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

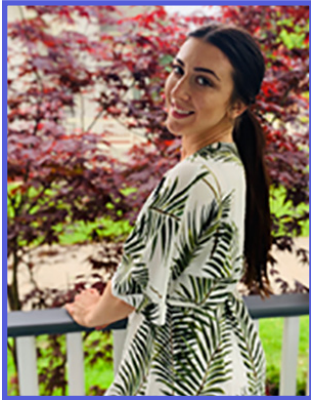
- 946 square feet
- TRX Stations
- Members have access when no classes are in session.

Membership

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

Hours
Monday-Thursday 6:30am-9pm
Friday 6:30am-8pm
Saturday 7:30am-2pm
Sunday 8:30am-1pm
Limited Hours (7-11AM)
Christmas Eve
New Year's Eve
New Year's Day

Meet our Personal Trainers!



Julia Blankenship graduated from Illinois State University in 2016 with a bachelor's degree in insurance and risk management with a minor in Spanish. 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, Julia believes that wellness is about much more than the number on the scale. She utilizes a holistic approach combined with clinically proven

methods to help her clients achieve optimum wellness by teaching:

- Sustainable Weight Loss Methods
- Proper and Maintainable Nutrition
- Mindset and Habit Transformations
- Enjoyable Exercise
- Intuitive Eating
- Disease Prevention
- Overcoming Obstacles
- Coping with Cravings
- Balanced Lifestyle Practices
- The Power of Plants

Julia believes that every client knows what's best for themselves – they may just need help getting there. Work with Julia today to unlearn the mainstream diet and fitness trends, and to relearn how to live a sustainable, wholesome and balanced life.



Chris Jenkins is a NASM Certified Personal Trainer originally from Indianapolis, Indiana. Health and fitness became a way of life for him early on while running track and playing football. In addition to being a competitive athlete in high school and college, Chris developed a strong belief that taking care of your body should be a top priority. His passion for living a healthy lifestyle made him want to help others do the same. Chris enjoys working with the general population as well as

athletes to develop custom fitness programs.

Chris would love to take the fitness journey with anyone who is motivated and has the desire to improve their well-being.

"You don't have to be great to start, but you have to start to be great!"



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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: \$50
- 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

Register at the JRC Front Desk.

For more information regarding group fitness classes, personal training and wellness coaching, please visit our website at www.bloomingtonparks.org.

Fall Group Fitness Schedule

	Monday	Tuesday	Wednesday	Thursday	Saturday
8-9AM		Aqua Bootcamp Lee Anne Westlake Pool		Aqua Bootcamp Lee Anne Westlake Pool	
9-10AM	Zumba Gold Traci Group X			Zumba Gold Traci Group X	
9:30-10:30AM		Restorative Yoga Michele Group X			
10:15-11AM				TRX Traci Group X	
10:15-11:15AM	Cardio Conditioning Traci Group X				
10:45-11:30AM					TRX Traci Group X
11:30-12:15PM				Core de Force Traci Group X	
12-12:45PM	TRX Traci Group X				
5:15-6:15PM	PiYo Kellyn Group X		Cardio Kickboxing Kellyn Group X		
7-8:15PM			Line Dancing Janet Group X		
7:05-8:05PM				Zumba Cari Group X	
7:15-8:15PM		Hatha Yoga Julie, RYT Group X			

All classes are held at the JRC in the Group X room.

FREE PROGRAMS!!!

Try out one of our amazing program offerings for FREE! Browse the list below and register online or at the JRC Front Desk. Registration deadline is one week before the class date. For free gymnastic classes see page 41.

Location: JRC
Instructor: Staff

Age	Day	Time	Date	R/NR Fee	Code #
Lil Kicks Soccer					
3-5	M	4:00-4:50P	12/30	\$0/0	206302-A1
Lil Dribblers					
4-6	Sa	10:00-10:45A	12/28	\$0/0	206300-A1
Basketball 101					
7-8	Sa	11:00-12:00P	12/28	\$0/0	206301-A1
Flag Football					
9-12	M	5:00-6:00P	12/30	\$0/0	206303-A1
Cardio Conditioning					
Adult	M	10:15-11:15A	12/30	\$0/0	206112-A1
Pickleball					
Adult	M	9:30-11:00A	1/27	\$0/0	203324-A1
Hatha Yoga					
Adult	Tu	7:15-8:15P	1/7	\$0/0	206111-A1
Cooking Dem					
Adult	W	6:30-8:00P	1/22	\$0/0	206600-A1
Cooking Demo					
Adult	W	6:30-8:00P	1/29	\$0/0	206600-B1



Restorative Yoga New!

This yoga class caters to all fitness abilities by allowing participants to stand with a mat or use a chair for stability. Improve your flexibility, strength and range of motion while reversing the effects of aging through slow, deliberate movements and breath control. Bring a water bottle and towel to class.

Location: GROUP X
Instructor: Michele O'Hara **MIN/MAX: 4/15**

Age	Day	Time	Date	R/NR Fee	Code #
Adult	Tu	9:30-10:30A	1/7-2/11	\$45/65	203539-A1
Adult	Tu	9:30-10:30A	2/25-4/7*	\$45/65	203539-A2
Adult	Tu	9:30-10:30A	4/21-5/26	\$45/65	203539-A3

*NO CLASS 3/31

Hatha Yoga 😊

Let go of your busy day! Relax your mind, body and spirit with this gentle practice. Beginners are welcome! Please bring a water bottle and yoga mat to class. Drop-ins are welcome. Drop in rate is \$13R/\$16NR. Set an intention for the new year and **attend a free yoga class on January 7.**

Location: GROUP X
Instructor: Julie, RYT **MIN/MAX: 3/18**

Age	Day	Time	Date	R/NR Fee	Code #
Adult	Tu	7:15-8:15P	1/14-5/19	\$240/260	203545-A1

PiYo

PiYo is an athletic, fitness-based, music-driven group fitness workout. Movements are bodyweight strength and flexibility based, incorporating pilates and yoga.

Location: GROUP X
Instructor: Kellyn **MIN/MAX: 5/15**

Age	Day	Time	Date	R/NR Fee	Code #
Adult	M	5:15-6:15P	1/6-1/27	\$40/60	203590-A1
Adult	M	5:15-6:15P	2/3-2/24	\$40/60	203590-A2
Adult	M	5:15-6:15P	3/2-3/30	\$50/70	203590-A3
Adult	M	5:15-6:15P	4/6-4/27	\$40/60	203590-A4
Adult	M	5:15-6:15P	5/4-5/25	\$40/60	203590-A5

Cardio Kickboxing 😊

This cardio kickboxing class takes a sports conditioning approach, combining punch and kick sequences with athletic and high-intensity interval training drills for a multi-level, fun and heart-healthy workout.

Location: GROUP X
Instructor: Kellyn **MIN/MAX: 5/15**

Age	Day	Time	Date	R/NR Fee	Code #
Adult	W	5:15-6:15P	1/8-1/29	\$36/56	203522-A1
Adult	W	5:15-6:15P	2/5-2/26	\$36/56	203522-A2
Adult	W	5:15-6:15P	3/4-3/25	\$36/56	203522-A3
Adult	W	5:15-6:15P	4/1-4/29	\$45/65	203522-A4
Adult	W	5:15-6:15P	5/6-5/27	\$36/56	203522-A5

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 (January 2 - May 31)

(subject to change)

Monday-Tuesday	Wednesday-Thursday	Friday	Saturday-Sunday
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5:30-8AM	5:30-8AM	5:30-8AM	8AM-12PM
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4-9PM	4-10PM	4-9PM	
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Track will close 30 minutes early if attendance is not met.

500 Mile Club

\$10 to join

The Westfield staff keeps a record of miles walked for each member. Club members receive a 500 Mile Club T-shirt upon achieving.

Zumba Gold

Dance your way to a fitter and healthier you! Zumba Gold is a slower-paced, low-impact version of a classic Zumba class that's just as fun! Optimal for the active mature adult and exercise beginner, Zumba Gold combines a variety of Latin and international rhythms with an easy-to-follow workout. No dance experience is necessary. Please wear comfortable exercise clothing and bring a hand towel and water bottle. Drop-in rate is \$8R/9NR.

Location: GROUP X
Instructor: Traci **MIN/MAX: 5/15**

Age	Day	Time	Date	R/NR Fee	Code #
Adult	M	9:00-10:00A	1/6-2/10	\$30/50	203546-A1
Adult	M	9:00-10:00A	2/17-3/23	\$30/50	203546-A2
Adult	M	9:00-10:00A	4/6-5/18	\$35/55	203546-A3
Adult	Th	9:00-10:00A	1/9-2/13	\$30/50	203546-C1
Adult	Th	9:00-10:00A	2/20-3/26	\$30/50	203546-C2
Adult	Th	9:00-10:00A	4/9-5/21	\$35/55	203546-C3

Zumba

Looking for a fun and exciting way to tone and sculpt your body? Zumba is salsa, cha cha, merengue, hip rolls and shimmies together with high energy Latin and international music. Instructor guides you through a series of unique moves and combinations, providing a great workout. No dance experience is necessary.

Location: GROUP X
Instructor: Cari Raymond **MIN/MAX: 5/15**

Age	Day	Time	Date	R/NR Fee	Code #
Adult	Th	7:05-8:05P	1/9-2/13	\$45/65	203531-A1
Adult	Th	7:05-8:05P	2/27-4/9*	\$45/65	203531-A2
Adult	Th	7:05-8:05P	4/23-5/28	\$45/65	203531-A3

*NO CLASS 3/26



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. Center

Instructor: John Robertson

MIN/MAX: 5/15

Age	Day	Time	Date	R/NR Fee	Code #
Adult	Th	11:00-12:00P	2/6-3/19	\$77/97	203558-A1
Adult	Th	11:00-12:00P	4/2-5/14	\$77/97	203558-A2
Adult	Th	11:00-12:00P	5/28-7/9	\$77/97	203558-A3

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. Class is held at Roselle Park District located at 555 W Bryn Mawr Ave, Roselle.

Location: Roselle Park District

Instructor: John Robertson

MIN/MAX: 5/10

Age	Day	Time	Date	R/NR Fee	Code #
Beginners					
Adult	Th	9:00-10:00A	2/6-3/19	\$77/97	203573-A1
Adult	Th	9:00-10:00A	4/2-5/14	\$77/97	203573-A2
Adult	Th	9:00-10:00A	5/28-7/9	\$77/97	203573-A3
Returning					
Adult	Th	9:00-10:30A	2/6-3/19	\$97/117	203573-B1
Adult	Th	9:00-10:30A	4/2-5/14	\$97/117	203573-B2
Adult	Th	9:00-10:30A	5/28-7/9	\$97/117	203573-B3

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. Drop in is \$8R/\$9NR.

Location: GROUP X

Instructor: Traci

MIN/MAX: 3/7

Age	Day	Time	Date	R/NR Fee	Code #
Adult	Th	10:15-11:00A	1/9-2/13	\$30/50	203588-A1
Adult	Th	10:15-11:00A	2/20-3/26	\$30/50	203588-A2
Adult	Th	10:15-11:00A	4/9-5/21	\$35/55	203588-A3
Adult	M	12:00-12:45P	1/6-2/10	\$30/50	203588-B1
Adult	M	12:00-12:45P	2/17-3/23	\$30/50	203588-B2
Adult	M	12:00-12:45P	4/6-5/18	\$35/55	203588-B3
Adult	Sa	10:45-11:30A	1/11-2/15	\$30/50	203588-C1
Adult	Sa	10:45-11:30A	2/22-3/28	\$30/50	203588-C2
Adult	Sa	10:45-11:30A	4/11-5/23	\$35/55	203588-C3

Core de Force

Core de Force is a high-energy, non-contact group fitness class that mixes mixed martial arts-inspired cardio drills with explosive power moves for a full-body workout. No equipment is needed. Drop-in is \$8R/\$9NR.

Location: GROUP X

Instructor: Traci

MIN/MAX: 3/15

Age	Day	Time	Date	R/NR Fee	Code #
Adult	Th	11:30-12:15P	1/9-2/13	\$30/50	203589-A1
Adult	Th	11:30-12:15P	2/20-3/26	\$30/50	203589-A2
Adult	Th	11:30-12:15P	4/9-5/21	\$35/55	203589-A3

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 Drop-in is \$8R/\$9NR.

Location: GROUP X

Instructor: Traci

MIN/MAX: 5/15

Age	Day	Time	Date	R/NR Fee	Code #
Adult	M	10:15-11:15A	1/6-2/10	\$30/50	203587-A1
Adult	M	10:15-11:15A	2/17-3/23	\$30/50	203587-A2
Adult	M	10:15-11:15A	4/6-5/18	\$35/55	203587-A3

GNC

LIVE WELL.

Vitamins | Sports Nutrition | Weight Management

Save up to
50%
off everyday!

Located in the Springbrook Center
156 E. Lake Street | Bloomington, IL 60108

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

MIN/MAX: 4/10

Age	Day	Time	Date	R/NR Fee	Code #
14-Adult	Sa	9:00-9:55A	1/11-3/21	\$105/125	203105-A1
14-Adult	Sa	9:00-9:55A	4/4-6/13	\$105/125	203105-B1

Adult Co-rec Volleyball League

Meet new people and enjoy a little competition in this league consisting of an approximate 7-10 game schedule, with all teams reaching a postseason tournament. Cash prizes are awarded for the season's first and second place tournament finishers, as well as league champions. Register by March 18 and receive \$25 off your team registration fee.

Location: JRC Gym
Instructor: Staff

MIN/MAX: 4/10

Age	Day	Time	Date	R/NR Fee	Code #
Adult	Su	6:00-9:00P	4/12-6/7	\$425/475	203300-A1



Men's Over 30 3-on-3 B-ball League

Bond with teammates and compete for cash in a unique 3-on-3 basketball league. Games consist of half-court 3-on-3 to 15 points with a one-hour maximum time limit. Standings are based on total points scored as opposed to wins/losses. Cash prizes are awarded to first and second place teams. Six people maximum per team. No referees are provided. Players call their own fouls.

Location: JRC
Instructor: Staff

MIN/MAX: 6/8

Age	Day	Time	Date	R/NR Fee	Code #
Adult	Sa	10:00-6:00P	5/9	\$60/80	203305-A1



Fencing for All

Want to wield a sword? Enjoy competitive sparring safely without "fighting." All equipment is provided. This program is designed for all fitness levels. Instructor considers heights and abilities of each fencer. Additional family members may enroll at a 50% discount.

Location: Westfield Gym
Instructor: Tracy Laphsin

MIN/MAX: 4/8

Age	Day	Time	Date	R/NR Fee	Code #
8-Adult	Th	5:00-5:45P	1/9-2/13	\$50/70	202382-B1
8-Adult	Th	5:00-5:45P	2/20-4/2*	\$50/70	202382-C1
8-Adult	Th	5:00-5:45P	4/16-5/21	\$50/70	202382-A1
8-Adult	Th	5:00-5:45P	5/28-7/2	\$50/70	202382-A2

Add'l Family Member

8-Adult	Th	5:00-5:45P	1/9-2/13	\$25/35	202382-B2
8-Adult	Th	5:00-5:45P	2/20-4/2*	\$25/35	202382-C2
8-Adult	Th	5:00-5:45P	4/16-5/21	\$25/35	202382-D1
8-Adult	Th	5:00-5:45P	5/28-7/2	\$25/35	202382-D2

*NO CLASS 3/26



Line Dancing

Would you like to dance, but don't have a partner? No problem! Line Dancing is a pattern of steps done over and over again throughout the course of a song which individuals can do WITHOUT a partner. We'll dance to country music PLUS other types. All the steps are thoroughly explained. Participants develop their inner dancer, gain confidence, and make lifelong friendships in a safe and personal environment. Wear smooth-soled shoes. No experience necessary. Supplemental online instruction available and taught by Dance with Janet.

Location: GROUP X

Instructor: Dance with Janet

MIN/MAX: 6/20

Age	Day	Time	Date	R/NR Fee	Code #
Adult	W	7:00-8:15P	1/8-2/12	\$50/70	203583-A1
Adult	W	7:00-8:15P	3/4-4/8	\$50/70	203583-A2
Adult	W	7:00-8:15P	4/22-5/27	\$50/70	203583-A3

Walking Book Club

Get your workout in while having a book discussion. Discussions start during stretches and continue as you walk around Westfield Walking Track. Please meet at Westfield Middle School located at 149 Fairfield Way in Bloomingdale. Enter through door No. 20. Please bring a water bottle. Please pick up your book at the Johnston Recreation Center.

January - Born a Crime: Stories from a South African Childhood by Trevor Noah.

February - Black River by S.M. Hulse.

March - Fly Girls: How Five Daring Women Defied All Odds and Made Aviation History by Keither O'Brien.

April - The Things We Keep by Sally Hepworth.

May - Great Alone by Kristin Hannah.

Location: Westfield Walking Track

Instructor: Erin

MIN/MAX: 3/10

Age	Day	Time	Date	R/NR Fee	Code #
Adult	Sa	9:00-10:30A	1/11	\$0/0	203692-A1
Adult	Sa	9:00-10:30A	2/8	\$0/0	203692-A2
Adult	Sa	9:00-10:30A	3/7	\$0/0	203692-A3
Adult	Sa	9:00-10:30A	4/4	\$0/0	203692-A4
Adult	Sa	9:00-10:30A	5/9	\$0/0	203692-A5

Aqua Bootcamp

Get your cardio and toning at the same time! Strengthen abs, arms and legs while getting your heart rate pumping. Drop in rate is \$12R/\$16NR.

Location: Westlake Pool

Instructor: Lee Anne

MIN/MAX: 5/12

Age	Day	Time	Date	R/NR Fee	Code #
Winter 1					
Adult	Tu,Th	8:00-9:00A	1/7-2/13	\$135/155	205403-A1
Adult	Tu	8:00-9:00A	1/7-2/11	\$69/89	205403-A2
Adult	Th	8:00-9:00A	1/9-2/13	\$69/89	205403-A4
Adult	Tu,Th	9:00-10:00A	1/7-2/13	\$135/155	205403-D1
Adult	Tu	9:00-10:00A	1/7-2/11	\$69/89	205403-D2
Adult	Th	9:00-10:00A	1/9-2/13	\$69/89	205403-D4
Winter 2					
Adult	Tu,Th	8:00-9:00A	2/25-4/2	\$135/155	205403-B1
Adult	Tu	8:00-9:00A	2/25-3/31	\$69/89	205403-B2
Adult	Th	8:00-9:00A	2/27-4/2	\$69/89	205403-B4
Adult	Tu,Th	9:00-10:00A	2/25-4/2	\$135/155	205403-E1
Adult	Tu	9:00-10:00A	2/25-3/31	\$69/89	205403-E2
Adult	Th	9:00-10:00A	2/27-4/2	\$69/89	205403-E4
Spring					
Adult	Tu,Th	8:00-9:00A	4/14-5/21	\$135/155	205403-C1
Adult	Tu	8:00-9:00A	4/14-5/19	\$69/89	205403-C2
Adult	Th	8:00-9:00A	4/16-5/21	\$69/89	205403-C4
Adult	Tu,Th	9:00-10:00A	4/14-5/21	\$135/155	205403-F1
Adult	Tu	9:00-10:00A	4/14-5/19	\$69/89	205403-F2
Adult	Th	9:00-10:00A	4/16-5/21	\$69/89	205403-F4

ADULT OPEN GYM

Dates valid January 2 - May 31.

All dates and times dependent upon court availability. Schedules may change to accommodate park district programs. For more information, call (630) 529-3650.

Johnston Recreation Center

Adult Badminton Open Gym

Jan. 2 - May 31

Mondays 7-9PM (March 30 - May 27)

Wednesdays 10AM-12PM

Fridays 1-3PM

\$3 B-Fit & Lounge Member; \$4 Resident; \$5 Non-resident

Adult Pickleball Open Gym

Tuesdays & Thursdays 7:30AM-12PM

Sundays 10AM-12PM (March 29 - May 31)

\$2 B-Fit & Lounge Member; \$3 Resident; \$4 Non-resident

Westfield Middle School

Adult Open Gym

Basketball Wednesdays 8-10PM (Open Gym starts 4/1)

Co-Rec Volleyball Thursdays 8-10PM

\$4 Residents/\$6 Non-residents for basketball and volleyball daily fee

All persons MUST show proof of residency with ID or they will be charged the \$6 daily rate.