

# B-FIT CENTER

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

### Cardio

- Treadmills
- Ellipticals
- Recumbent bikes
- 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

**Corporate Annual Membership**  
\$165/person – 5 employee minimum required

**Memberships go on sale May 1!**  
Join before July 15 and receive 2 months FREE plus no enrollment fee!  
Join before August 15 and receive 1 month FREE plus no enrollment fee!

Each piece of equipment comes with a TV!



For supervised Clubhouse play while you work out, see page 65.

## 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 Lapshin

**MIN/MAX:** 8/20

Age	Day	Time	Date	R/NR Fee	Code #
8-Adult	Th	5:00-5:45P	8/29-9/19	\$45/65	402375-A1
<b>Add'l Family member</b>					
8-Adult	Th	5:00-5:45P	8/29-9/19	\$23/35	402375-A2

## 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:** Stratford H23

**Instructor:** KH KIM Taekwondo

**MIN/MAX:** 4/10

Age	Day	Time	Date	R/NR Fee	Code #
14-Adult	Sa	1:10-2:00P	6/22-8/24	\$95/115	403105-A1

## Hatha Yoga

Let go of your busy day by relaxing your mind, body and spirit with gentle yoga poses, meditation and breathing exercises. Please bring a water bottle and yoga mat to class. Beginners and drop-ins are welcome! Drop-in rate is \$12R/\$16NR.

**Location:** Westfield/JRC Group X

**Instructor:** Julie, RYT

**MIN/MAX:** 3/18

Age	Day	Time	Date	R/NR Fee	Code #
Adult	Tu	7:00-8:15P	6/4-8/27*	\$138/158	403550-A1

\*NO CLASS 7/30

## Yoga Nidra

Experience the art of yogic sleep, an enjoyable and easy practice that everybody can do. Participants are guided through a detailed awareness of their senses into a sleep meditation that allows the body and mind to slip into a deep state of relaxation. Yoga Nidra has been found to reduce tension and anxiety, PTSD, persistent insomnia and chronic pain. Participants gain a sense of internal peace leaving them feeling incredibly present, rested, relaxed, restored and rejuvenated. Bring mats, cushions and blankets in order to make yourself comfortable lying on the floor or sitting as needed.

**Location:** Westfield School

**Instructor:** John Robertson

**MIN/MAX:** 6/15

Age	Day	Time	Date	R/NR Fee	Code #
Adult	Sa	6:30-8:30P	6/29	\$30/30	403601-A1

## 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 (June 1 - August 31)**

(subject to change)

Monday-Thursday	Friday	Saturday-Sunday
6:30-8AM 4-10PM	6:30-8AM 4-9PM	8AM-12PM

**Note:** Gym will close by 9:15 p.m., Monday through Thursday if there are no attendees.

## 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.

## Aqua Bootcamp

Get your cardio and toning at the same time! Strengthen abs, arms and legs while getting your heart 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 #
<b>AM</b>					
Adult	Tu,Th	8:00-9:00A	5/28-7/11*	\$135/155	405404-A1
Adult	Tu	8:00-9:00A	5/28-7/9*	\$69/89	405404-A2
Adult	Th	8:00-9:00A	5/30-7/11*	\$69/89	405404-A3
Adult	Tu,Th	9:00-10:00A	5/28-7/11*	\$135/155	405404-A4
Adult	Tu	9:00-10:00A	5/28-7/9*	\$69/89	405404-A5
Adult	Th	9:00-10:00A	5/30-7/11*	\$69/89	405404-A6
Adult	Tu,Th	8:00-9:00A	7/23-8/29	\$135/155	405404-A7
Adult	Tu	8:00-9:00A	7/23-8/27	\$69/89	405404-A8
Adult	Th	8:00-9:00A	7/25-8/29	\$69/89	405404-A9
Adult	Tu,Th	9:00-10:00A	7/23-8/29	\$135/155	405404-B1
Adult	Tu	9:00-10:00A	7/23-8/27	\$69/89	405404-B2
Adult	Th	9:00-10:00A	7/25-8/29	\$69/89	405404-B3
<b>PM</b>					
Adult	Tu,Th	6:00-7:00P	5/28-7/11*	\$135/155	405404-B4
Adult	Tu	6:00-7:00P	5/28-7/9*	\$69/89	405404-B5
Adult	Th	6:00-7:00P	5/30-7/11*	\$69/89	405404-B6
Adult	Tu,Th	6:00-7:00P	7/23-8/29*	\$125/145	405404-B7
Adult	Tu	6:00-7:00P	7/23-8/27*	\$59/79	405404-B8
Adult	Th	6:00-7:00P	7/25-8/29	\$69/89	405404-B9

\*NO CLASS 6/11, 6/13, 8/6

## Qigong

The inner health of the body is just as important as the outer health. Through the mind-body practice of qigong, participants improve health and longevity, boost their immune system and reduce stress. Using slow, gentle, graceful rocking and stretching motions, combined with deep relaxed breathing, participants improve circulation and digestion while also calming the mind and reducing tension and anxiety. Heart rate and blood pressure also become regulated while boosting energy. The exercises are very effective and easy to learn. Students may choose to sit or stand as needed, making this class suitable for all ages and abilities.

**Location:** Johnston Rec Center

**Instructor:** John

**MIN/MAX:** 6/12

Age	Day	Time	Date	R/NR Fee	Code #
Adult	W	6:30-8:30P	7/17	\$30/30	403607-A1

## 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

**MIN/MAX:** 5/15

Age	Day	Time	Date	R/NR Fee	Code #
Adult	Th	11:00-12:00P	6/6-7/25*	\$77/97	403558-A1
Adult	Th	11:00-12:00P	8/22-10/3	\$77/97	403558-B1

\*NO CLASS 7/4



## Tai Chi Ch'uan

Through practice, your mind can achieve a stillness and clarity rarely experienced with other forms of exercise, integrating your body, mind and spirit and allowing you to achieve inner peace. 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

**MIN/MAX:** 5/10

Age	Day	Time	Date	R/NR Fee	Code #
Adult	Th	9:00-10:00A	6/6-7/25*	\$77/97	403573-A1
Adult	Th	9:00-10:30A	8/22-10/3	\$97/117	403573-B1

\*NO CLASS 7/4



## IPRA Six-County Senior Games

**Day / Date:** July 8-31

**Fee:** \$16 single day / \$22 for two or more days (some events require additional fees)

**Ages:** 50 years and older

Join active adults ages 50 and better at the 38th annual Six County Senior Games being held in the Chicago area. Sixteen different events are scheduled and include team events such as softball and volleyball as well as pickle ball, track and field, swimming, golf, bowling, table tennis, tennis, billiards, trap shoot and more. All participants receive a Senior Games T-shirt. Medals are awarded for winners for each event in five-year age categories. Entry fees are \$16 for single day, or \$22 for two or more days. Some events include additional fees.

Entry forms will be available beginning May 1st. Call your local park district or senior center to learn more. More details can also be found on Facebook by searching IPRA Six County Senior Games. The Six County Senior Games is a function of the Illinois Park and Recreation Association.

## Line Dancing

Love to dance but don't have a partner? Learn to line dance to country, pop, rock, oldies and current hits using a pattern of steps that repeat throughout a song. Each session is different as the dances available are limitless. Wear smooth-soled shoes. Class is held at Westfield Middle School in the Commons.

**Location:** Westfield Gym/JRC Group X

**Instructor:** Dance with Janet

**MIN/MAX:** 6/20

Age	Day	Time	Date	R/NR Fee	Code #
Adult	M	7:00-8:15P	6/3-7/8	\$50/70	403578-A1
Adult	W	7:00-8:15P	6/5-7/24*	\$50/70	403578-A2
Adult	M	7:00-8:15P	7/22-8/26	\$50/70	403578-B1
Adult	W	5:45-6:45P	7/31-9/4	\$50/70	403578-B2

\*NO CLASS 7/3, 7/17

The 2019 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
- Individual Private Golf Instruction
- “Youth on Course” Program
- Mixed Adult Golf Clinics
- Junior Golf School
- Junior and Adult Tournaments

## Adult Clinics

Classes are geared toward those who have little to some basic knowledge. Areas to be covered are gripping the club properly, proper aim and stance, body positioning before, during and after the golf swing, and golf course make-up, rules and etiquette. Instruction includes woods, irons, chipping and putting. On-course instruction takes place depending on course availability.

**Location: Bloomingdale Golf Club**

**Instructor: BGC Staff**

**MIN/MAX: 4/8**

Age	Days	Time	Date	Fee	Section
18+	Th	6-7:15PM	5/23-6/20	\$125	A
18+	Sa	10-11:15AM	5/25-6/22	\$125	B
18+	Tu	6-7:15PM	6/4-7/9	\$125	C*
18+	Tu	6-7:15PM	7/16-8/13	\$125	D
18+	Sa	10-11:15AM	8/10-9/14	\$125	E*

\* NO CLASS 7/2, 8/31

## Junior Golf School

Taught by Bloomingdale Golf Club’s Professional Golf Associational staff, Junior Golf School is structured around the basic fundamentals of the golf swing, rules and etiquette of the game, safety, and fun contests.

**Location: Bloomingdale Golf Club**

**Instructor: BGC Staff**

**MIN/MAX: 4/10**

Age	Days	Time	Date	Fee	Session
<b>Little Hitters</b>					
5-7	Tu, W, Th	11-11:50AM	6/4-6/13	\$75	1
5-7	Tu, W, Th	11-11:50AM	6/18-6/27	\$75	2
5-7	Tu, W, Th	11-11:50AM	7/9-7/18	\$75	3
<b>Beginner/Intermediate</b>					
8-15	Tu, W, Th	8-9:15AM	6/4-6/27	\$160	1*
8-15	Tu, W, Th	8-9:15AM	7/9-8/1	\$160	2*

\* Thursday sessions are taught on the course.

Forms may be obtained and filled out by visiting [www.bloomingdalegc.com](http://www.bloomingdalegc.com) or stopping in at our golf shop. You may also register online by going to [www.pga.com](http://www.pga.com) and clicking on the tab “Play Golf America.”

On days of inclement weather, please contact the golf shop at (630) 529-6232 to find out if the day’s session has been cancelled.

## MixedFit

MixedFit is a people-inspired dance fitness program that combines explosive dance movements with bodyweight toning. This high-energy class is not only fun but will also get you fit!

**Location: JRC Group X**

**Instructor: MixedFit Fitness**

**MIN/MAX: 5/15**

Age	Day	Time	Date	R/NR Fee	Code #
Adult	Th	6:00-7:00P	7/18-8/22	\$39/59	403599-A1

## Fit4Mom Greater Northwest Chicago Suburbs

### Stroller Strides® by Fit4Mom

Stroller Strides® is a stroller-based fitness program designed for moms with little ones. Each 60-minute incorporates cardio, strength training, toning, songs and activities. There is no age limit for kids, as long as your child will sit in the stroller for the duration of the class.

Classes every Monday, Wednesday, Friday at 9:15 a.m. and Saturday at 9 a.m. at Springfield Park. Enroll at [greaternwchi.fit4mom.com](http://greaternwchi.fit4mom.com).

### Strides 360™ by Fit4Mom

Strides 360™ is a heart-pumping workout designed to increase your endurance while developing speed, agility, and quickness to help you sprint through mom life.

Class runs Tuesdays at 6:15 p.m. at Springfield Park. Enroll with Fit4Mom Greater Northwest Chicago Suburbs at [greaternwchi.fit4mom.com](http://greaternwchi.fit4mom.com).

## Power Flow Yoga

This invigorating class will awaken your inner strength as you flow mindfully through your practice. Julie integrates practices from her book 108 Yoga and Self-Care Practices for Busy Mamas to inspire you to live well. Drop-ins welcome. Please bring a water bottle and yoga mat to class. Special rate to celebrate the grand opening of the new group fitness studio. Drop-in rate is \$5 per class.

**Location: JRC Group X**

**Instructor: Julie, RYT**

**MIN/MAX: 3/15**

Age	Day	Time	Date	R/NR Fee	Code #
Adult	Sa	9:00-10:00A	8/3-8/24*	\$20/40	403598-A1



## Walking Book Club

Get your workout in while having a book discussion. Discussions start during stretches and continue as you walk around Circle Park. The club meets at the Homola Picnic Shelter in Circle Park. First book for discussion is given upon registration. Books are provided by the Bloomingdale Public Library. Please bring a water bottle. Books may be picked up at the Bloomingdale Park District Museum after May 1 or you may bring your own book. June book is Lilac Girls by Martha Hall Kell. July book is Story of Arthur Truluv by Elizabeth Berg. August book is Girls Burn Brighter by Shobha Rao. September book is Mercies in Disguise: A Story of Hope, a Family's Genetic Destiny, and the Science That Rescued Them by Gina Kolata.

**Location:** Circle Park

**Instructor:** Erin

**MIN/MAX:** 3/10

Age	Day	Time	Date	R/NR Fee	Code #
Adult	Sa	9:00-10:30A	6/15	\$0/0	403679-A1
Adult	Sa	9:00-10:30A	7/13	\$0/0	403679-B1
Adult	Sa	9:00-10:30A	8/17	\$0/0	403679-C1
Adult	Sa	9:00-10:30A	9/7	\$0/0	403679-D1

# OPEN GYM

**Dates valid June 1-August 31**

## Westfield Middle School Gymnasium Open Gym (Grades 3-12 & College)

Monday through Friday: 3:30-5:30PM

\$3 Residents/\$6 Non-residents

Proof of age or school ID is required for those attending. Proof of residence is required to receive the resident rate.

## Youth Open Gym Punch Card

Save \$5! Purchase 10 punches for \$25. Participants are responsible for bringing the card to the program. Card is redeemable at Westfield Open Gym Monday through Friday. Cards may be purchased at Westfield Gym. Unused punches are not refundable. Misplaced cards may be replaced at purchaser's expense.

## Adult Open Gym

See schedule below.

\$4 Residents/\$6 Non-residents

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

Adult Rec Basketball	Wednesdays	8-10PM
Co-Rec Volleyball	Thursdays	8-10PM

Schedule may change to accommodate Bloomingdale Park District programs. For more information, call (630) 529-3650.



## The Clubhouse Supervised Play

Kids can climb, jump and play in the Clubhouse while a parent works out or attends a class. To participate in the Clubhouse Supervised Play children must be potty trained. Please send a water bottle, clearly marked with your child's name. Parents must stay on JRC premises.

July 15-August 25

Ages 3-8

Monday, Wednesday, Saturday

8:30-10:30, Saturday

6:00-8:00PM, Monday, Wednesday

\$5/hr per child for B-Fit members

\$6/hr per child for non-members

Punch cards are available for purchase.

Check-in and pay at the Front Desk

## Blood Circulation Exercises

Poor circulation is very often a silent killer as its symptoms may easily be overlooked. Using a combination of self-massage and simple exercises, participants improve their circulation in the hands, feet, face and body, while promoting cell growth and organ function. Good blood circulation also helps improve brain function and keeps your mind sharp and focused. Be prepared to remove your shoes and socks.

**Location:** Johnston Rec Center

**Instructor:** John Robertson

**MIN/MAX:** 6/12

Age	Day	Time	Date	R/NR Fee	Code #
Adult	W	6:30-8:30P	8/21	\$30/30	403644-A1