

B-FIT CENTER

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



Join by September 30 and receive 1 month free, plus no enrollment fee!

For supervised Clubhouse play while you work out, see page 54.

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
Labor Day	Closed
Thanksgiving	Closed
November 29	7AM-11AM

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.

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

Fall Group Fitness Schedule

	Monday	Tuesday	Wednesday	Thursday	Saturday
9-10AM	Zumba Gold Traci Group X			Zumba Gold Traci Group X	
9:30-10:30AM			PiYo Kellyn Group X		
10:15-11:00AM	Cardio Conditioning Traci Group X				
10:15-11AM				TRX Traci Group X	
10:45-11:30AM					TRX Traci Group X
10:45-11:45AM			Cardio Kickboxing Kellyn Group X		
12-12:45PM	TRX Traci Group X		Cardio + Strength Kellyn Group X	Core de Force Traci Group X	
4:45-5:30PM		Total Strength & Core Kellyn Group X			
5:15-6:15PM	PiYo Kellyn Group X		Cardio Kickboxing Kellyn Group X		
5:45-6:45PM		Zumba Jo Group X			
6-7PM					
7-8:15PM			Line Dancing Janet Group X		
7:05-8:05PM	Zumba Cari Group X			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.



adult fitness & sports

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: JRC Lounge
Instructor: John Robertson

MIN/MAX: 6/30

Age	Day	Time	Date	R/NR Fee	Code #
Adult	W	6:30-8:30P	11/6	\$30/30	103610-A1

Taekwondo

Taekwondo, one of the newest Olympic sports, is a 2000-year-old martial art, offering a variety of benefits for people of all ages and physical abilities. Students improve concentration and self-esteem, achieve lifelong physical fitness and learn self-defense skills. Classes are taught under the direction of G. Master Ki Hong Kim (9th Dan Kukkiwon World Taekwondo Headquarters). A \$45 uniform fee is required at the first class. Belt testing is offered through KH Kim Taekwondo at an additional fee and is held twice a year. All colored belt students are required to have complete sparring gear.

Location: JRC Lounge
Instructor: KH KIM TAEKWONDO

MIN/MAX: 4/20

Age	Day	Time	Date	R/NR Fee	Code #
Parent & Child					
All	Sa	11:35-12:30P	9/7-12/21	\$143/163	102111-A1
Teen & Adult					
14-Adult	Sa	11:35-12:30P	9/7-12/21	\$143/163	103105-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 Lapshin

MIN/MAX: 4/20

Age	Day	Time	Date	R/NR Fee	Code #
8-Adult	Th	4:10-4:55P	8/29-9/19	\$39/59	102382-B1
8-Adult	Th	5:00-5:45P	8/29-9/19	\$39/59	102382-A1
8-Adult	Th	5:00-5:45P	9/26-10/24	\$50/70	102382-A2
8-Adult	Th	5:00-5:45P	11/7-12/12*	\$50/70	102382-A3
Add'l Sibling					
8-Adult	Th	4:10-4:55P	8/29-9/19	\$20/40	102382-B2
8-Adult	Th	5:00-5:45P	8/29-9/19	\$20/40	102382-A4
8-Adult	Th	5:00-5:45P	9/26-10/24	\$25/45	102382-A5
8-Adult	Th	5:00-5:45P	11/7-12/12*	\$25/50	102382-A6

*NO CLASS 11/21



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. (Location subject to change.) Clubhouse sponsored by Eagle Falls Dentistry.

July 15-August 25

Ages 3-8

8:45-1PM, Monday & Wednesday

8:30-10:30, Saturday

6:00-8:15PM, Monday, Wednesday

(Times are subject to change.)

\$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



Cardio Conditioning **New!** 😊

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

Instructor: Traci

MIN/MAX: 5/15

Age	Day	Time	Date	R/NR Fee	Code #
Adult	M	10:15-11:15A	9/9-10/21	\$35/55	103543-A1
Adult	M	10:15-11:15A	10/28-12/16*	\$35/55	103543-A2

*NO CLASS 11/25

Cardio + Strength **New!** 😊

This class combines cardio and strength-based movements to create a full-body high-intensity interval training workout!

Location: GROUP X

Instructor: Kellyn

MIN/MAX: 5/15

Age	Day	Time	Date	R/NR Fee	Code #
Adult	W	12:00-12:45P	9/4-10/23	\$55/75	103592-A1
Adult	W	12:00-12:45P	10/30-12/18	\$55/75	103592-A2

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	9/9-10/21	\$35/55	103542-A1
Adult	M	9:00-10:00A	10/28-12/16*	\$35/55	103542-A2
Adult	Th	9:00-10:00A	9/12-10/24	\$35/55	103542-B1
Adult	Th	9:00-10:00A	10/31-12/19*	\$35/55	103542-B2

*NO CLASS 11/25, 11/28

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 repeats throughout a song. Each session is different as the dances available are limitless. Wear smooth-soled shoes. No experience needed.

Location: GROUP X
Instructor: Janet Kruse

MIN/MAX: 6/15

Age	Day	Time	Date	R/NR Fee	Code #
Adult	W	7:00-8:15P	9/11-10/23*	\$50/70	103553-A2
Adult	W	7:00-8:15P	10/30-12/11*	\$50/70	103553-B2

*NO CLASS 10/14, 10/9, 11/25, 11/11, 11/27

Cardio Kickboxing New!

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	10:45-11:45A	9/4-10/23	\$65/85	103589-A1
Adult	W	10:45-11:45A	10/30-12/18	\$65/85	103589-A2
Adult	W	5:15-6:15P	9/4-10/23	\$65/85	103589-B1
Adult	W	5:15-6:15P	10/30-12/18	\$65/85	103589-B2



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 Museum. Passes are good for one year from the date of purchase.

Fee: Free resident/\$30 non-resident

Hours of Operation (August 26 – December 30)

(subject to change)

Mon.-Tues.	Wed.-Thurs.	Friday	Sat.-Sun.
5:30-8AM	5:30-8AM	5:30-8AM	8AM-12PM
4-9PM	4-10PM*	4-9PM	

*The track will close at 9:15 if no attendance.

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.

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: JRC Lounge

Instructor: John Robertson

MIN/MAX: 6/30

Age	Day	Time	Date	R/NR Fee	Code #
Adult	Su	1:00-2:00P	10/13	\$30/30	103609-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. Cent

Instructor: John Robertson

MIN/MAX: 5/15

Age	Day	Time	Date	R/NR Fee	Code #
Adult	Th	11:00-12:00P	10/10-11/21	\$77/97	103520-A1

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. A1 is for beginners, B1 is for continuing.

Location: Roselle Park District

Instructor: John Robertson

MIN/MAX: 5/10

Age	Day	Time	Date	R/NR Fee	Code #
Adult	Th	9:00-10:00A	10/10-11/21	\$77/97	103573-A1
Adult	Th	9:00-10:30A	10/10-11/21	\$97/117	103573-B1

PiYo

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

Location: GROUP X

Instructor: Kellyn

MIN/MAX: 5/15

Age	Day	Time	Date	R/NR Fee	Code #
Adult	M	5:15-6:15P	9/9-10/21	\$70/90	103590-A1
Adult	M	5:15-6:15P	10/28-12/16	\$80/100	103590-A2
Adult	W	9:30-10:30A	9/4-10/23	\$80/100	103590-B1
Adult	W	9:30-10:30A	10/30-12/18	\$80/100	103590-B2

Co-Ed 16" Softball

Get the gang together for softball fun this fall. Teams play an eight-game schedule plus playoffs. Trophy is awarded for playoff champion. Teams play at the newly-renovated Springfield Park Ball Field Complex. Contact Chris Tompkins for questions.

Location: Springfield Park

Instructor: Volunteer

MIN/MAX: 4/12

Age	Day	Time	Date	R/NR Fee	Code #
Adult	Tu	6:45-9:45P	8/20-10/15	\$450/500	103317-A1

Hatha Yoga ☺

Let go of your busy day with yoga poses, breathing exercises and meditation for your mind, body and spirit. Please bring a water bottle and yoga mat to class. Beginners and drop-ins are welcome! Drop in rate is \$13R/\$16NR.

Location: GROUP X

Instructor: Julie, RYT

MIN/MAX: 3/15

Age	Day	Time	Date	R/NR Fee	Code #
Adult	Tu	7:15-8:15P	9/10-12/17	\$180/200	103535-A1

Walking Book Club

Get your workout in while having a book discussion. Discussions start during stretches and continue as you walk around Westfield Track. First book for discussion is given upon registration. Books are provided by the Bloomingdale Public Library. Please bring a water bottle. October book is "The Dry" by Jane Harper and November book is "To Capture What We Cannot Keep" by Beatrice Colin.

Location: Westfield Gym

Instructor: Erin

MIN/MAX: 3/10

Age	Day	Time	Date	R/NR Fee	Code #
Adult	Sa	9:00-10:30A	10/12	\$0/0	103679-B1
Adult	Sa	9:00-10:30A	11/9	\$0/0	103679-C1

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 #
Session I					
Adult	Tu,Th	8:00-9:00A	9/10-10/17	\$135/155	105410-A1
Adult	Tu	8:00-9:00A	9/10-10/15	\$69/89	105410-A2
Adult	Th	8:00-9:00A	9/12-10/17	\$69/89	105410-A3
Adult	Tu,Th	9:00-10:00A	9/10-10/17	\$135/155	105410-B1
Adult	Tu	9:00-10:00A	9/10-10/15	\$69/89	105410-B2
Adult	Th	9:00-10:00A	9/12-10/17	\$69/89	105410-B3
Session II					
Adult	Tu,Th	8:00-9:00A	10/29-12/19*	\$155/175	105410-C1
Adult	Tu	8:00-9:00A	10/29-12/17*	\$79/99	105410-C2
Adult	Th	8:00-9:00A	10/31-12/19*	\$79/99	105410-C3
Adult	Tu,Th	9:00-10:00A	10/29-12/19*	\$155/175	105410-D1
Adult	Tu	9:00-10:00A	10/29-12/17*	\$79/99	105410-D2
Adult	Th	9:00-10:00A	10/31-12/19*	\$79/99	105410-D3

*NO CLASS 11/26, 11/28



Bloomingtondale Cup

September 28

@ Bloomingtondale Golf Club

Entry fee of \$55 includes lunch, tee gift, prizes and greens fee (optional cart included). All ages. Obtain entry forms at Bloomingtondale Golf Club. Flighted gross and net divisions are available as this event is open to golfers of all abilities. Contact Mike Winters at 312-925-6332 for more information.



Zumba 😊

Get a great cardio workout while performing Latin dance moves such as Salsa, Merengue, Hip Hop, Tango and more. The routines feature aerobic/fitness intervals with a combination of fast and slow rhythms to tone and sculpt your entire body. Music gets your heart rate pumping and feet moving to burn calories and strengthen cardio endurance. Jo teaches the 5:45 p.m. classes and Cari teaches the 7:05 p.m. classes.

Location: GROUP X

Instructor: Jo/Cari

MIN/MAX: 6/15

Age	Day	Time	Date	R/NR Fee	Code #
Adult	Tu	5:45-6:45P	9/3-10/8	\$54/74	103548-A1
Adult	Tu	5:45-6:45P	10/15-11/19	\$54/74	103548-A2
Adult	Tu	5:45-6:45P	11/26-12/17	\$45/65	103548-A3
Adult	M	7:05-8:05P	9/9-10/7	\$54/74	103548-C1
Adult	M	7:05-8:05P	10/14-11/18	\$54/74	103548-C2
Adult	M	7:05-8:05P	11/25-12/16	\$45/65	103548-C3
Adult	Th	7:05-8:05P	9/12-10/10	\$54/74	103548-D1
Adult	Th	7:05-8:05P	10/17-11/14	\$54/74	103548-D2
Adult	Th	7:05-8:05P	12/5-12/19	\$36/56	103548-D3



TRX **New!**

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

Instructor: Traci

MIN/MAX: 3/7

Age	Day	Time	Date	R/NR Fee	Code #
Adult	M	12:00-12:45P	9/9-10/21	\$35/55	103544-A1
Adult	M	12:00-12:45P	10/28-12/16*	\$35/55	103544-A2
Adult	Th	10:15-11:00A	9/12-10/24	\$35/55	103544-B2
Adult	Th	10:15-11:00A	10/31-12/19*	\$35/55	103544-B3

*NO CLASS 11/25, 11/28

Core de Force **New!**

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.

Location: GROUP X

Instructor: Traci

MIN/MAX: 3/15

Age	Day	Time	Date	R/NR Fee	Code #
Adult	Th	12:00-12:45P	9/12-10/24	\$35/55	103545-A1
Adult	Th	12:00-12:45P	10/31-12/19*	\$35/55	103545-A2

*NO CLASS 11/28

Total Strength and Core **New!**

This class focuses on every muscle group for a complete body workout. Participants use barbells, step platforms, dumbbells and more to incorporate moves that strengthen your core, legs and build muscle to rev up your metabolism. Mats are provided or you may bring your own. Please bring a water and towel to class.

Location: GROUP X

Instructor: Jo

MIN/MAX: 6/15

Age	Day	Time	Date	R/NR Fee	Code #
Adult	Tu	4:45-5:30P	9/3-10/8	\$51/71	103546-A1
Adult	Tu	4:45-5:30P	10/15-11/19	\$51/71	103546-A2
Adult	Tu	4:45-5:30P	11/26-12/17	\$43/63	103546-A3