

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

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

Subject to change due to COVID.

Monday-Thursday	6:30am-7:30pm
Friday	6:30am-6:30pm
Saturday-Sunday	8:30am-12:30pm

July 4	Closed
Memorial Day	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 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. 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 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 #
Beginner					
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
Continued					
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
Add'l Family Member					
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.

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.

Programs and events are subject to change in accordance with current COVID-19 restrictions and mandates. Please check 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.

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>.

MediCare 101

Medicare can be confusing. Tom Perrucci from Premier Medicare Benefits presents a FREE educational seminar to get you up to speed on what Medicare covers, what it doesn't and your potential out-of-pocket exposure. Class reviews Medicare Supplements, Medicare Advantage Plans, Part D Prescription Coverage, and cost-saving strategies for the years ahead.

Location: JRC Lounge **Adult(ng)**
Instructor: Tom Perrucci **MIN/MAX:** 4/12

Age	Day	Time	Date	R/NR Fee	Code #
Adult	Tue	6:30-8P	Jun 22	\$0/\$0	403602-B1

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 **Adult(ng)**
Instructor: John Robertson **MIN/MAX:** 6/12

Age	Day	Time	Date	R/NR Fee	Code #
Adult	Thu	7-9P	Jul 15	\$30/\$35	403644-A1

Secret of Chinese Health Balls

Discover the secrets of Chinese Health Balls; an exercise system that has been in use for 2,000 years. They can improve strength, flexibility, dexterity and circulation in the fingers, hands and wrists. They can relieve joint stiffness and soreness and relax muscles and joints. Their use can reduce the risk of carpal tunnel syndrome, tendonitis, repetitive strain injury, rheumatism and arthritis. They are deeply relaxing, can help reduce stress, improve overall health, stimulate the mind and reduce the risk of cognitive decline, dementia and Alzheimer's. Chinese Health Balls are available to use during class, or purchase or bring your own. Also available via Zoom.

Location: Johnston Rec Center **Adult(ng)**
Instructor: John Robertson **MIN/MAX:** 6/12

Age	Day	Time	Date	R/NR Fee	Code #
Adult	Thu	6-9P	Jun 24	\$30/\$35	403607-A1

Eastern Philosophy & Qigong

Eastern mystics have practiced longevity exercises for millennia with the goal of prolonging life and ultimately achieving immortality. What are the philosophies that lead them to these practices? Part lecture, part practice; this class aims to demystify the Eastern philosophies of Yin and Yang, The Tao, The Five Elements and more in a classroom setting. Learn basic Qigong exercises and meditations that begin the practices that lead to health and longevity. The exercises are effective and easy to learn. Using slow, gentle, graceful rocking and stretching motions combined with relaxed breathing, Qigong can help calm your mind, reduce tension and anxiety, regulate heart rate and blood pressure, boost energy and lower blood pressure.

Location: Oak Room **Adult(ng)**
Instructor: John Robertson **MIN/MAX:** 6/12

Age	Day	Time	Date	R/NR Fee	Code #
Adult	Fri	1:30-4P	Jun 4-Jul 16	\$97/\$102	403622-A1



Cooking for Beginners 🧑🏫 😊

Does this sound like you? You want to make great food in a minimum amount of time, but don't have a clue how to go about it. Or you are on your own for the first time and have discovered that eating out is expensive and takeout is tiresome. Or you need a small repertoire of dishes for daily dining, but you can barely manage instant coffee. If any of those pertain to you, this course is for you! In two relaxed, fun-filled classes, participants get on their cooking feet, learning how to prepare simple, healthy, and delicious food. Participants learn to make two complete meals in two easy lessons.

Location: Chef's Corner **Adult(ng)**
Instructor: Chef Pina **MIN/MAX:** 4/6

Age	Day	Time	Date	R/NR Fee	Code #
Adult	Mon	6-9P	Jul 12 & 19	\$84/\$89	403608-A1

Cooking for One 🧑🏫 😊

Cooking for one or two is harder than it seems, and it can leave anyone wanting to make a healthy, tasty meal either throwing out extra helpings or watching expensive ingredients expire. But it's possible to prepare single-serving recipes that are full of flavor, easy-to-make, and economical if you have the right guide. Learn how to make a fresh, delicious, home-cooked meal for one without creating a week's worth of leftovers or leaving an abundance of unused fresh ingredients that quickly go to waste.

Location: Chef's Corner **Adult(ng)**
Instructor: Chef Pina **MIN/MAX:** 4/6

Age	Day	Time	Date	R/NR Fee	Code #
Adult	Mon	6-9P	Jun 21 & 28	\$84/\$89	403609-B1

Registration Hint – Register Early!

To ensure your class or program runs, please register early! Planning, staffing and running a class all take preparation time, which is why many programs have registration deadlines. We need to know in advance how many people to buy supplies for, or how many spaces to reserve, etc. When in doubt, always register as you could be the one that makes the class run!

Adult Variety

Take it & Make it Crafts 😊

All supplies are provided to make the perfect decoration, gift, or new accessory to your home. All supplies are included as well as a photo of a sample to use as a guide. Registration is required. Additional fee for Park District resident deliveries. If you would like delivery you must also register for codes A2 & B2.

Location: Home **Adult(ng)**
Instructor: Staff **MIN/MAX: 6/10**

Age	Day	Time	Date	R/NR Fee	Code #
4th of July					
Adult	Mon	10A-4P	Jun 14	\$20/\$25	403711-A1
Delivery					
Adult	Mon	10A-4P	Jun 14	\$5	403711-A2
Calligraphy Door Sign					
Adult	Mon	10A-4P	Jul 19	\$20/\$25	403711-B1
Delivery					
Adult	Mon	10A-4P	Jul 19	\$5	403711-B2

Bingo 😊

Save the last Wednesday of every month and join us for some bingo fun. All supplies are provided. Prizes are awarded to all winners! Registration is required to plan for social distancing. Masks must be worn at all times.

Location: Johnston Rec Center **Adult(ng)**
Instructor: Staff **MIN/MAX: 10/10**

Age	Day	Time	Date	R/NR Fee	Code #
47-99	Wed	10-11:30A	Jun 30	\$0/\$0	403777-A1
47-99	Wed	10-11:30A	Jul 28	\$0/\$0	403777-B1
47-99	Wed	10-11:30A	Aug 25	\$0/\$0	403777-C1



MediCare Adv. vs. Supplement

How to choose a policy that fits you best. This seminar lists and reviews the differences between the

Advantage and Supplement plans. It offers a strategy and guide to help choose the plan that is right for you.

Location: JRC Lounge **Adult(ng)**
Instructor: Tom Perrucci **MIN/MAX: 6/12**

Age	Day	Time	Date	R/NR Fee	Code #
Adult	Tue	6:30-8P	Jul 27	\$0/\$0	403709-A1

MediCare Mistakes to Avoid

Overwhelmed by all the Medicare information? If so, you are not alone. This overload of information makes it challenging to not make mistakes. Making mistakes with Medicare is something you want to avoid at all costs. It will cost you time, hassles and money. This seminar reviews the costly mistakes to avoid and gives you a strategy to successfully understand and apply Medicare to your health and needs.

Location: JRC Lounge **Adult(ng)**
Instructor: Tom Perrucci **MIN/MAX: 6/12**

Age	Day	Time	Date	R/NR Fee	Code #
Adult	Tue	6:30-8P	Aug 31	\$0/\$0	403710-A1

A Parent's Guide on Paying for College: Financial Aid Overview

This workshop/webinar introduces the various financial aid options and focuses on some of the biggest college planning mistakes families should avoid. It reveals unique techniques to reduce the Expected Family Contribution (EFC) that can save thousands on college costs. If class cannot be held in person you will receive a Zoom registration prior to the class date.

Location: JRC Lounge **Adult(ng)**
Instructor: My College Planning Team **MIN/MAX: 3/12**

Age	Day	Time	Date	R/NR Fee	Code #
Adult	Thu	7-8:30P	Aug 19	\$0/\$0	403640-A1

Pay for College Without Going Broke

One of the most popular workshop/webinars returns this season to explore the complex world of need-based and merit based financial aid. Parents and students learn strategies for lowering their Expected Family Contribution (EFC), and tips for optimizing college admissions and scholarships. If class cannot be held in person you will receive a Zoom registration prior to the class date.

Location: JRC Lounge **Adult(ng)**
Instructor: My College Planning Team **MIN/MAX: 3/12**

Age	Day	Time	Date	R/NR Fee	Code #
Adult	Thu	7-8:30P	Jun 17	\$0/\$0	403603-A1

Happy Healthy Gut

Do you eat healthy but still experience gut problems? Then this class is for you! Learn how your digestive health affects your overall health, what gut health truly means, and how to identify dysfunction. We'll deep dive into the term "leaky gut" and how it relates to your overall health. Finally, learn how to optimize your digestion and ultimately experience the benefits of a happy gut.

Location: JRC Lounge **Adult(ng)**
Instructor: Roula Marinos Papamihail **MIN/MAX:** 6/12

Age	Day	Time	Date	R/NR Fee	Code #
Adult	Mon	6:30-8:30P	Aug 9	\$30/\$35	403611-A1

Mineral Mastery

The Spark Plugs of Life. Do you experience seemingly random symptoms such as fatigue, hair loss, high anxiety, emotional numbing, memory problems and even nausea (just to name a few)? Join Roula to find out how a long-term mineral imbalance may be a contributor to these seemingly non-related symptoms AND what to do about it. Learn how to effectively test your minerals, how they may relate to your symptoms, and, most importantly, what to do to start feeling better immediately.

Location: JRC Lounge **Adult(ng)**
Instructor: Roula Marinos Papamihail **MIN/MAX:** 6/12

Age	Day	Time	Date	R/NR Fee	Code #
Adult	Mon	6:30-8P	Aug 23	\$30/\$35	403612-A1

The Gluten Free Fix

Are you currently gluten free or attempting to be? This class provides participants with information on how to start and/or what to do next if you've already started. Learn how gluten affects your overall physical and mental health, why accurate testing is important, and what your testing options are. Finally, learn what to do when going gluten free is not enough for symptom relief.

Location: JRC Lounge **Adult(ng)**
Instructor: Roula Marinos Papamihail **MIN/MAX:** 6/12

Age	Day	Time	Date	R/NR Fee	Code #
Adult	Mon	6-8P	Aug 16	\$30/\$35	403617-A1

Balance your Hormones

Learn how and why hormones affect your weight, energy and quality of life. Learn how stress hormones affect sex hormones and how the two contribute to overall well-being. Learn what lifestyle factors contribute to hormone dysfunction and what to do about it. Join Roula and learn how to accurately identify your hormone levels and why this is key to relieving symptoms. Finally, learn how to stop the cycle of hormone dysfunction and take control.

Location: JRC Lounge **Adult(ng)**
Instructor: Roula Marinos Papamihail **MIN/MAX:** 6/15

Age	Day	Time	Date	R/NR Fee	Code #
Adult	Mon	6:30-8:30P	Jun 14	\$30/\$35	403619-A1

Food: Friend or Foe?

Do you experience inflammation? Join Roula to find out how your diet may be contributing to your inflammation. Learn the difference between food allergies, intolerance and sensitivity and how any of these can contribute to overall inflammation in the body. Learn what inflammation by food might look like and how it shows up in your body. Finally, leave with the knowledge to identify inflammatory foods, how to resolve them, and ultimately, get back to enjoying some of your favorites.

Location: JRC Lounge **Adult(ng)**
Instructor: Roula Marinos Papamihail **MIN/MAX:** 6/12

Age	Day	Time	Date	R/NR Fee	Code #
Adult	Thu	6:30-8:30P	Jun 24	\$30/\$35	403610-A1

Struggling to Lose Weight?

Do you eat healthy, exercise regularly, take all the recommended supplements, follow all the advice out there and STILL struggle losing weight? If so, it may be time to learn about metabolic chaos and how it relates to you. Learn what tools and tests to do to gain awareness of your body and discover your own version of metabolic chaos. Discovering the real reason that you're struggling to lose weight is your first step toward success!

Location: JRC Lounge **Adult(ng)**
Instructor: Roula Marinos Papamihail **MIN/MAX:** 6/12

Age	Day	Time	Date	R/NR Fee	Code #
Adult	Tue	6-8P	Jun 29	\$30/\$35	403623-A1

Cooking Fun with Probiotics I

Do you feel tired and sluggish, experience bloating or discomfort after eating, and/or spend hundreds of dollars on probiotics? If you answered yes to any of the above, this workshop is for you. Learn what fermented foods are and their benefits, why you should eat fermented foods, and how fermented foods help to heal your gut and promote weight loss. Participants make sauerkraut and milk kefir, as well as tepache, a delicious fermented Mexican pineapple drink.

Location: JRC Lounge **Adult(ng)**
Instructor: Roula Marinos Papamihail **MIN/MAX:** 6/12

Age	Day	Time	Date	R/NR Fee	Code #
Adult	Thu	6-8P	Aug 12	\$30/\$35	403624-A1

Cooking Fun with Probiotics II

If you enjoyed Cooking Fun with Probiotic I, then you'll love this follow-up class! In this class, participants learn how to make flavored water kefir, fermented apple pie, and fermented kimchi. Enjoy samples and leave with your own fermented creations, including water kefir grains to make kefir at home. Learn about the benefits of probiotics and why fermented foods are truly the best way to maintain a healthy gut.

Location: JRC Lounge **Adult(ng)**
Instructor: Roula Marinos Papamihail **MIN/MAX:** 6/12

Age	Day	Time	Date	R/NR Fee	Code #
Adult	Thu	6-8P	Aug 26	\$30/\$35	403625-A1

Adult Variety

Greek Cuisine Nights

Spread over two nights, participants enter the exciting world of Greek cooking. Create a wonderful Greek salad and appetizer, followed by moussaka, pastitsio, individual Greek pita pizzas, roasted octopus, calamari, special Greek-style kabobs, lentil Greek-style soup, Greek cookies, and much more.

Location: Chef's Corner
Instructor: Chef Pina

Adult(ng)
MIN/MAX: 4/6

Age	Day	Time	Date	R/NR Fee	Code #
Adult	Wed	6-9P	Aug 18-25	\$84/\$89	403638-A1

50+ Gourmet Supper Club

Mark your calendar! Save your second Wednesday evening of each month for Chef Pina's 50+ Gourmet Supper Club. These are nights for active adults to look forward to and remember. Have fun and meet new friends as you talk and help prepare supper. Then eat a wonderful, gourmet meal. Bring containers as you may have leftovers to take home. Space is limited, so register early. Couples, register together using the B codes and save \$9.

Location: Chef's Corner
Instructor: Chef Pina

Adult(ng)
MIN/MAX: 4/6

Age	Day	Time	Date	R/NR Fee	Code #
Adult	Wed	4:30-7:30P	Jun 2	\$42/\$47	403639-A1
Adult	Wed	4:30-7:30P	Jul 7	\$42/\$47	403639-A2
Adult	Wed	4:30-7:30P	Aug 4	\$42/\$47	403639-A3
Couple					
Adult	Wed	4:30-7:30P	Jun 2	\$75/\$80	403639-B1
Adult	Wed	4:30-7:30P	Jul 7	\$75/\$80	403639-B2
Adult	Wed	4:30-7:30P	Aug 4	\$75/\$80	403639-B3

Thank You Rana-Reagan Pharmacy!



The Bloomingdale Park District partnered with Rana-Reagan Pharmacy and the Village of Bloomingdale to host a COVID-19 Vaccination Clinic April 15-16 and May 13-14 at the Johnston Recreation Center.

Approximately 750 individuals were vaccinated with the Moderna vaccine. Additionally, we thank all of the volunteers from the community for their dedicated service as well as the numerous businesses who donated to the event.



French & Spanish Gourmet

Delve into the heart of Spain in Week 1. Learn to create the most delicious paella, a mixed olive salad, prosciutto pate, shrimp fritters, and a sweet bread specialty from Spain. Then travel in Weeks 2-4 from Normandy down to the French Riviera making foods such as coq au vin, stuffed veal napoleon, fish/seafood stew, French onion soup, and madeleines. Register by region or for all four classes and save \$20.

Location: Chef's Corner
Instructor: Chef Pina

Adult(ng)
MIN/MAX: 4/6

Age	Day	Time	Date	R/NR Fee	Code #
Heart of Spain					
Adult	Wed	6-9P	Jun 9	\$42/\$47	403654-A1
Normandy					
Adult	Wed	6-9P	Jun 16	\$42/\$47	403654-A2
Mid France					
Adult	Wed	6-9P	Jun 23	\$42/\$47	403654-A3
Provence					
Adult	Wed	6-9P	Jun 30	\$42/\$47	403654-A4
All Four Classes					
Adult	Wed	6-9P	Jun 9-30	\$148/\$153	403654-A5

Italian Cooking Classes

Fall in love with preparing and eating Italian cuisine. In the introduction course, participants start with an appetizer. Make original bruschetta while learning its history. Participants prepare fresh liver pate, Pina's famous stuffed meatballs with pasta and fresh sauce, a lovely salad, and Pina's country bread. Finish with a beautiful tiramisu. Subsequent classes prepare multi-course meals specific to a topic or region. Register for all four classes and save \$20!

Location: Chef's Corner
Instructor: Chef Pina

Adult(ng)
MIN/MAX: 4/6

Age	Day	Time	Date	R/NR Fee	Code #
Introduction					
Adult	Wed	6-9P	Jul 14	\$42/\$47	403655-B1
Solely Mediterranean					
Adult	Wed	6-9P	Jul 21	\$42/\$47	403655-B2
Only Italian Seafood					
Adult	Wed	6-9P	Jul 28	\$42/\$47	403655-B3
From Tuscany to You					
Adult	Wed	6-9P	Aug 11	\$42/\$47	403655-B4
All Four Classes					
Adult	Wed	6-9P	Jul 14-Aug 11*	\$148/\$153	403655-B5

*NO CLASS Aug 4

Chef Pina's Cooking Classes

Participants see, smell, taste, ask questions about, and learn the background of food. Whichever one-night cooking session you choose, you will enjoy a wonderful meal on a night you won't forget. Bring a container for leftovers.

Location: Chef's Corner
Instructor: Chef Pina

Adult(ng)
MIN/MAX: 4/6

Age	Day	Time	Date	R/NR Fee	Code #
Not Just Soup Night					
Adult	Fri	6-8P	Jun 4	\$42/\$47	403662-A1
The World's Poultry					
Adult	Fri	6-8P	Jun 11	\$42/\$47	403662-A2
Old/New World Pizza					
Adult	Fri	6-8P	Jun 18	\$42/\$47	403662-A3
Comforting Stews					
Adult	Fri	6-8P	Jun 25	\$42/\$47	403662-A4
Post-Holiday Salads					
Adult	Fri	6-8P	Jul 9	\$42/\$47	403662-A5
4 the Love of Sauce					
Adult	Fri	6-8P	Jul 16	\$45/\$50	403662-A6
Cookies of Italy/USA					
Adult	Fri	6-8P	Jul 23	\$42/\$47	403662-A7
A Seafood Experience					
Adult	Fri	6-8P	Jul 30	\$60/\$65	403662-A8
Brunch to Impress					
Adult	Fri	6-8P	Aug 6	\$42/\$47	403662-A9
Summer BBQ					
Adult	Fri	6-8P	Aug 13	\$42/\$47	403662-C1
Fresh Bread Friday					
Adult	Fri	5-8P	Aug 20	\$60/\$65	403662-C2
Fresh Bread Saturday					
Adult	Sat	11A-2P	Aug 2	\$60/\$65	403662-C3
Appetizer Treats					
Adult	Fri	6-8P	Aug 27	\$42/\$47	403662-C4



IPRA Six-County Senior Games

Day / Date: July 6-28

Ages: 50 years and older

The IPRA Six County Senior Games are tentatively being scheduled for July 6-28, 2021 in the Chicago area. There are 15 different events including swimming, golf, pickleball, tennis, track and field, bocce, billiards, table tennis, horseshoes, bags, wii bowling, jump rope, as well as team softball and volleyball. Entry fee is \$16 for one day; \$22 for two or more days. All participants receive a t-shirt and medals are given to winners in each age group for both men and women. Entry forms will be available after May 15. For updated information, check out the IPRA Six County Senior Games Facebook page. The Six County Senior Games is a function of the Illinois Park and Recreation Association.

