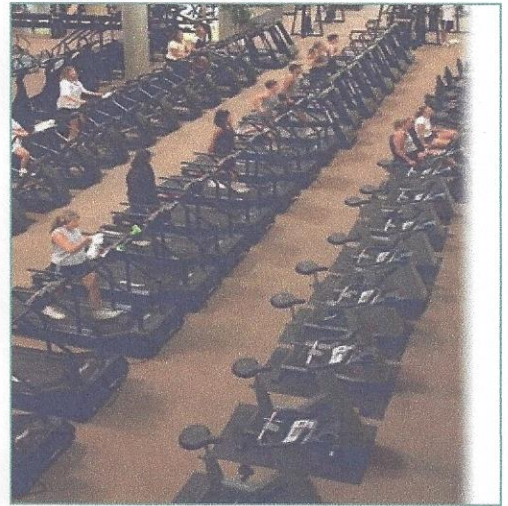
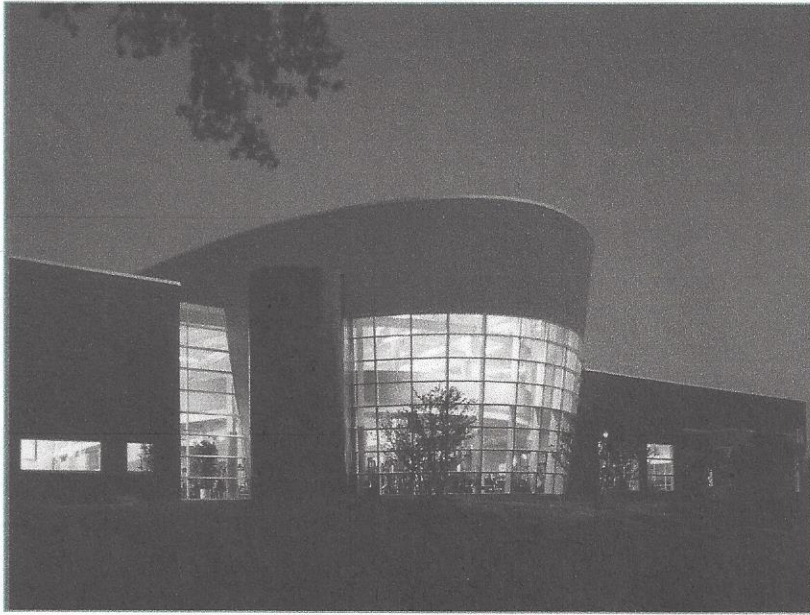


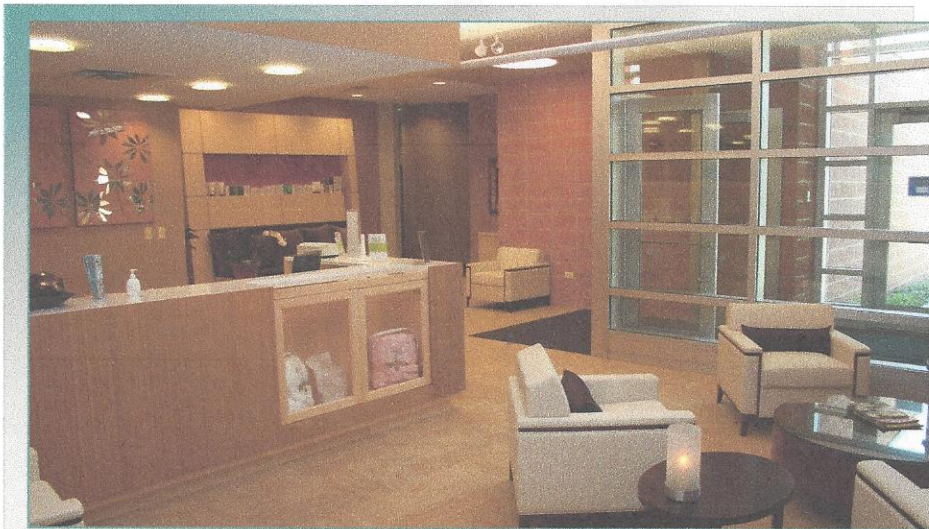
Buffalo Grove Fitness Center



The Buffalo Grove Fitness Center was developed as a community partnership between the Buffalo Grove Park District and Northwest Community Healthcare and resulted in the development of a 72,000 square foot health and fitness center in Buffalo Grove, Illinois. This center offers wellness programs for all ages of the community.

Since opening in September of 2000 this center has experienced continued growth in all areas. In 2007, an 8,000 square foot expansion increased the building to an 80,000 square foot facility. The additional square foot included Sports Performance Training programs and a full service spa including massage therapy.

- Physical rehabilitation
- Sports Performance Training
- 10,000 square foot fitness floor
- Indoor walking/jogging track
- Full-size gymnasium
- Aquatics center with a 5 lane lap pool and warm water therapy pool
- 4 Group exercise rooms
- Cardiovascular & free weights equipment
- Private Women's workout area
- Multi-purpose room
- Heart healthy café & pro shop
- Full service locker rooms for men, women and families
- Wellness programs
- Massage Therapy
- Full service spa
- Kid's Club



Buffalo Grove, Illinois

