

Fitness **Fo** Center

Annual Membership Fees R/NR

Adult (18 +)

Individual: \$140/\$170
 Family (2 members): \$230/\$260
 Add'l Family member: \$70/\$80

Senior (60 +)

Individual: \$105/\$135

Super Senior (60 +)*

Individual: \$75/\$90
 *Monday-Friday 10am-3pm only

High School Student

Individual: \$75/\$85
 (Must present a valid high school ID)

Optional Membership Fees

3 Month Pass

Individual: \$70/\$85

6 Month Pass

Individual: \$105/\$135

Gymnastics/Skating 3 Month Pass

Individual: \$40 (Must have child enrolled in current session.)

Nelson Sports Complex Fitness Center

- Passes are sold at Nelson Sports Complex Ice Arena Office only.
- Fitness Center is supervised at all times.
- Admittance by membership pass only.
- Junior High students may be included in a family membership but must be accompanied by a parent.
- New members may choose to attend an orientation with staff. Please make an appointment at the Fitness Center office.

Fitness Center Hours

Monday-Thursday 5:30am-9:00pm
 Friday 5:30am-8:30pm
 Saturday & Sunday 7:00am-1:00pm

The Fitness Center will be closed November 21 through November 27, New Year's Eve, New Year's Day, and Easter.

New Equipment Has Arrived!

The Park District has purchased some new ADA compliant equipment for the Fitness Center. The Fitness Center offers a wide range of resistance weight machines and cardiovascular equipment.



Living a happier, healthier life.



jazzercise[®]

Push your body.



Find your beat.

—Cheryl Burke
 Two-time Champion
 Dancing with the Stars

Check our website below or call in advance for pricing information and a special registration offer. 847-971-5177 or stacisullivan@gmail.com

M: Megleo School of Dance, 2639 Kirchoff
 P: Plum Grove Park, 4001 Park Drive

	Mon.	Tues.	Wed.	Thurs.	Fri.	Sat.
8:10a	M	M	M	M	M	M
4:45p		P		P		

jazzercise.com or (800)FIT-IS-IT

Hatha Yoga (16+)

Come and enjoy the multiple benefits of Yoga and regain your youthful flexibility in muscles and joints. Yoga teaches strength, flexibility, relaxation, self awareness and better concentration. This is an exercise for both the body and mind. Yoga is noncompetitive; work at your own pace and level with our certified instruction. Participants must provide their own yoga mat.

Loc.: Park Central Banquet Hall Inst.: Liz Brush.

No class 3/27

Code #	Day	Dates	Time	Fee R/NR
12-8300	Tue.	1/3-2/14	6-7pm	\$54/\$74
12-8400	Tue.	2/21-4/3	6-7pm	\$46/\$66 (6 wks.)
12-8500	Tue.	4/10-5/22	6-7pm	\$54/\$74

Biggest Loser Weight Loss Competition & Support Group

Thursdays beginning January 5 (6-7pm)

Make 2012 a HEALTHY year! Get Ready. Get Set. GO!

Join this year's Biggest Loser Weight Loss Competition & Support Group. This fun and exciting program will get you motivated to lose weight. New this year, we'll be designing a daily exercise plan for you. You'll follow this plan and report back to each monthly meeting. Your challenge is as follows:

Challenge 1...Join

Challenge 2...Attend the kick off night on Thursday, January 5th 6-7pm.

Challenge 3...Weekly weigh-in on Thursdays between 10am-6pm at the Community Center.

Challenge 4...Be at the Community Center the 1st Thursday of the month for motivational speakers, fitness demo classes, exercise plans and more from 6-7pm.

Challenge 5...Be recognized for the highest percentage of weight loss on our speaker night.

Challenge 6...Complete the entire program and earn yourself a t-shirt and \$5 off coupon towards a fitness class in this brochure.

Code #	Fee
12-8389	\$25/\$38

For more information, call the Community Center at 847-818-3200, x228 or 224.

Step Challenge (16+)

For step lovers who crave a challenging workout, this class is high energy with choreography for any fitness level. This class is guaranteed to be fun and motivating. Steps and mats provided. Please bring a towel, water and hand held weights. Loc.: Community Center

Code #	Day	Dates	Time	Fee R/NR
12-8306	Mon.	1/2-2/13	6:30-7:30pm	\$49/\$69
12-8406	Mon.	2/20-4/2	6:30-7:30pm	\$49/\$69
13-8506	Mon.	4/9-5/21	6:30-7:30pm	\$49/\$69



Help insure a program isn't cancelled due to low enrollment! Don't wait till the last minute to register.



Zumba! (16+)

Ditch the workout and join the party! The Zumba program is a dance-fitness class that is Latin-inspired and combines fast and slow rhythms to tone and sculpt the body. The cardio-based dance movements are easy-to-follow so you don't have to have any dance experience to get moving in class. You won't even realize you're working out because you'll be having so much fun!

The Zumba fitness-party is great for the mind, body and soul.

Loc.: Community Center

Code #	Day	Dates	Time	Fee R/NR
12-8304	Tue.	1/3-2/14	7-8pm	\$49/\$69
12-8404	Tue.	2/21-4/3	7-8pm	\$49/\$69
13-8504	Tue.	4/10-5/22	7-8pm	\$49/\$69

Zumba Gold (50+)

This class is designed for the active older adult, beginners, people new to exercise or people who are limited physically. Zumba Gold is filled with the same Latin styles of music and dance but it's done at a low intensity. Zumba Gold classes strive to improve our balance, strength, flexibility and most importantly the heart! Loc.: Community Center

Code #	Day	Dates	Time	Fee R/NR
12-8308	Thu.	1/5-2/16	11am-noon	\$49/\$69
12-8408	Thu.	2/23-4/5	11am-noon	\$49/\$69
13-8508	Thu.	4/12-5/24	11am-noon	\$49/\$69



Zumba (16+)

This program is the same great class as our regular Zumba class, only shortened to 45 minutes so you can fit it into your lunch hour.

Loc.: Community Center

Tuesdays

Code #	Day	Dates	Time	Fee R/NR
12-8309	Tue.	1/3-2/14	11-11:45am	\$49/\$69
12-8409	Tue.	2/21-4/3	11-11:45am	\$49/\$69
13-8509	Tue.	4/10-5/22	11-11:45am	\$49/\$69

Thursdays

Code #	Day	Dates	Time	Fee R/NR
12-8320	Thu.	1/5-2/16	12-12:45pm	\$49/\$69
12-8420	Thu.	2/23-4/5	12-12:45pm	\$49/\$69
13-8520	Thu.	4/12-5/24	12-12:45pm	\$49/\$69

