

PRAIRIE LAKES COMMUNITY CENTER

515 E. Thacker Street • 847-391-5711 • DPParks.org

WINTER HOURS

Monday–Thursday	5:30a–10:30p
Friday	5:30a–9:30p
Saturday	7:00a–7:00p
Sunday	7:00a–5:00p

Holiday Hours

11/24, 7:00a–noon
12/24, 7:00a–3:00p
12/25 & 1/1, Closed

Hours are subject to change.

RACQUETBALL COURTS

Ages 18+

Two courts are available for open play, leagues, and group reservations. Courts are also suitable for handball, squash and walleyball. Play is open to all skill levels, however, youth under 10 must be accompanied by an adult. Walk-ins and 7-day advance registrations available. Racquetball members pay court fees only. All other players pay court fee, plus per person daily fee: R: \$7/NR: \$10.

Court Fees

\$6 prime-time/\$4 non prime-time
Members may reserve the courts up to 24 hours in advance: 847-391-5711.

TGIF Racquetball Special

Play racquetball for just \$2 per hour!
Fridays 10:00a–3:00p
Last court reservation is 2:00p

Racquetball 10 Game Punch Passes
SAVE! 10 games \$50

Reservation Procedures

- Members can make reservations up to 7 days in advance.
- Non-members may reserve the courts up to 24 hours in advance.

No Show Policy

A no-show fee will be charged for any racquetball court reservations that are not cancelled at least two hours in advance. The appropriate court fee will be charged.

Eye Protection

We recommend eye protection for all participants who play racquetball.

Additional Services

Racquet Rentals	\$2
Racquetballs	\$5/Can

OPEN GYM

	Daily	10-Pass
Youth resident	\$3	\$15
Adult resident	\$5	\$30
Youth non-resident	\$5	\$30
Adult non-resident	\$8	\$60
Family (adult and 1 child)*	\$6	

*\$2 for each additional child

OPEN GYM TIMES

Mondays, Tuesdays, Wednesdays, Fridays

3:30–6:00p

Saturdays

5:00–7:00p

OPEN ADULT BASKETBALL

Wednesday, Half Gym

6:00–10:00p

Fridays

6:00–10:00p

OPEN ADULT PICKELBALL

Ages 40+ • Daily fee: R:\$3/NR: \$5

Wednesdays

10:00a–noon & 3:30–5:30pm

OPEN VOLLEYBALL

Thursdays

3:30–9:00p

OPEN ADULT SOCCER

Sundays

8:30a–noon

ADULT CO-REC VOLLEYBALL LEAGUE

Mondays, 6:30–10:00p

Complete details are on page 35.

Get a team and sign up!

PLEASE NOTE:

The open gym schedule changes monthly, and is always subject to change due to park district programs or activities. For the current open gym schedule, please call: 847-391-5711.

PRAIRIE LAKES FITNESS CENTER

Our state of the art exercise facility features high vaulted ceilings and mirrored walls. Members enjoy a full body workout in a spacious layout and positive environment. The center is furnished with top of the line equipment that includes all of these important exercise stations:

- Ab Crunch • Adjustable 10°–80° Bench
- Airdyne Bicycles • Arc Trainers (2)
- Arm Curl • Arm Extension • Assist Dip Chin
- Back Extension • 45° Back Extension
- Bent Leg Abdominal Board
- Cable Cross Over • Chest Press
- Dumbbells 5–75 lbs. • Fly/Rear Delt
- Gauntlet • Hip Ab/Ad
- Lat Pulldown • Lat Raise • Leg Extension
- Lifecycle 95Ci (4)
- LifeFitness T9e Treadmill (7)
- LifeFitness Cross Trainer CLSX
- Overhead Press • Precor Cross Trainer (2)
- Cybex Recumbent (3) • Resist-A-Ball
- Row • Seated Leg Curl • Seated Leg Press
- Precor AMT (2) • Torso Rotation

Separate Stretch Room with TRX, medicine balls, kettle bells, benches, floor mats and an exercise rail system.

Indoor Walking and Jogging Track

The elevated 3-lane track overlooks the gym, with banked lanes for optimal running comfort. Open during building hours.

CLOSED ON THURSDAYS 1:00–3:00p

Track Policy and Procedures

Street shoes are not permitted on the track. Please carry-in clean court/athletic shoes. **Sorry, but strollers are not permitted.**

Dress Code

Shirts and clean shoes are required at all times.

Fitness Center Daily Fee R: \$7/NR: \$10

This includes the use of the fitness center, members only locker with shower facilities, whirlpool, sauna and stretching room.

For additional amenities in the facility, a separate daily fee is required.

14 & 15 years olds are not permitted in the fitness center on a daily basis.

Memberships are available but must complete a one on one orientation with a personal trainer. Proof of residency must be provided, along with a photo ID.

Locker Rooms

The locker rooms are for member use only. Each participant must furnish their own lock. Locks may also be purchased at the front desk. *No overnight storage.*

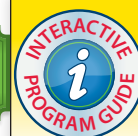
Locker Room Daily Fee R: \$2/NR: \$3

Includes the locker room and showers.

Be Active!

GET FIT!

at the Des Plaines Park District



Click the program code to register online now.

Not getting the results you were hoping for? Try one of our Personal Fitness Services and select a program that works for you. Register for Personal Training at the front desk.

Specialty Fitness Classes: These are not Group Fitness classes. Registration is required for each class. Classes are for ages 14+.

PAY AS YOU GO FITNESS!

Now you can pay \$10 at the door for any Specialty Fitness Class. Fitness instructors tailor the exercises in every class to each individual's level of fitness and ability.

Fitness Assessment

Ages 14+

A Fitness Assessment is a necessary and required step to get started with our Personal Training process. A one-on-one session with a certified personal trainer that includes fitness testing consisting of blood pressure, cardiac risk assessment, body fat analysis, cardiovascular and muscular endurance, postural screening, and flexibility. The assessment includes goal setting, previous fitness experience, health history, benefits of personal training, and our policies. A personal trainer will contact you to set up a one-hour appointment once they receive your registration. Medical clearance may be necessary. Sorry, no senior discount. ss

Prairie Lakes, Fitness Center
Individual Assessment \$52
#423904-1

Annual Members receive a 25% discount. Discount cannot be combined with any other offer.

Personal Training

Ages 14+

Personal training is designed to meet the specific needs of individuals. In our one-hour training session, our certified personal trainers can develop and conduct a safe, effective and highly motivating personal exercise session. A personal trainer will contact you to set up an appointment once they receive your registration. The personal training fee includes use of the locker room and fitness center during your training sessions. A Fitness Assessment must be completed before signing up for a personal training session. Medical clearance may be required. Sorry, no senior discount. ss

Individual Training Partner Training

1 Session	\$ 50	\$ 75
3 pack	\$ 135	\$ 203
6 pack	\$ 260	\$ 390
10 pack	\$ 425	\$ 638

Annual Members receive a 25% discount. Discount cannot be combined with any other offer.

TRX® Circuit Training Sessions

Ages 14+

TRX® Suspension Training is a great method of functional training for all fitness levels. Clients will use the suspension trainer and their own body weight to perform different exercises for all muscle groups controlling the intensity by adjusting their body position and angle. Increase total body strength and flexibility and develop core stability. Sorry, no Senior Discount. ss

Not a Group Fitness class ss
Prairie Lakes, Stretching Room

	Individual Training	Partner Training
1 Session	\$ 60	\$ 90
3 pack	\$ 162	\$ 243
6 pack	\$ 313	\$ 470
10 pack	\$ 510	\$ 765

Annual Members receive 25% discount. Discount cannot be combined with any other offer.

Group Training for Fit & 50+

Ages 50+

Have you always wanted to learn how to lift weight or circuit train? This class is designed to improve muscle strength, flexibility and balance, to enhance overall health, well-being and nutrition. Learn the proper use of hand held weights, the Cybex Strength Training equipment and safety/exercise concerns. There will also be a nutrition component introducing healthy eating, food label explanations, overall wellness. ss

Min/Max: 5/7

Mary Lou Anderson, ACE Certified Instructor
Prairie Lakes, Fitness Center

Session 1, 4 weeks

Fridays, 11:15a–noon 1/6–1/27
R: \$36/NR: \$45 #423985-1

Not a Group Fitness Class

Session 2, 5 weeks

Fridays, 11:15a–noon 2/17–3/17
R: \$45/NR: \$56 #423985-2

Not a Group Fitness Class

Prairie Lakes Babysitting Center

Fees are per child/per hour.

Fitness Center Member (Show card)	\$3
Resident (In a DPPD program)	\$3
Resident (Not in a DPPD program)	\$4
Non-resident (In a DPPD program)	\$3
Non-resident (Not in a DPPD program)	\$5

Babysitting Center 15-Punch Pass

Fitness Center Member (Show card)	\$34
Resident (In a DPPD program)	\$34
Resident (Not in a DPPD program)	\$48
Non-resident (In a DPPD program)	\$34
Non-resident (Not in a DPPD program)	\$56

Babysitting is available for children ages 3 months to 10 years by appointment only. A child may NOT be registered in babysitting for more than 2.5 hours per day. We can only accommodate two infants (up to 5 months) per hour. Reservations may be made as early as one week before, but no later than 24 hours in advance.

Babysitting Hours

Monday–Friday 9a–noon and 4:30–9p
Saturday and Sunday 8:00a–noon

Cancellations must be received at least two hours in advance or a “no show” fee will be charged for the amount of the reservation. Parents are encouraged to bring along items (toys, bottle, and diapers) that will keep the child content during their stay. We reserve the right to designate babysitting for Prairie Lakes Fitness Center members and class participants only.

Note: You must be participating in a class or using Community Center amenities during your child's stay in the babysitting room.

PRAIRIE LAKES • FITNESS CENTER

515 E. Thacker Street • 847-391-5711 • DPParks.org



We are proud to offer

SILVERSNEAKERS®

and

PRIME® FITNESS MEMBERSHIPS

and the

HEALTHY MINDS-HEALTHY BODIES PROGRAM

For more information please call
Jon Kahney or Shelli Sarg
at 847-391-5711

FITNESS CENTER MEMBERSHIPS

Resident Rates

*For all residents of Des Plaines,
and for anyone who works in Des Plaines.*

Annual Membership Annual using EFT	Individual \$265.20/year \$22.10/month	Senior/Student \$238.20/year \$19.85/month	Military \$198.48/year \$16.54/month
Additional members Using EFT Plan	\$132.60/year \$11.05/month		
Monthly Membership Additional members	Individual \$33.70/month \$16.85/month	Senior/Student \$30.33/month	Military \$25.28/month

Non-resident Rates

Annual Membership Annual using EFT	Individual \$327.72/year \$27.31/month	Senior/Student \$297.72/year \$24.81/month	Military \$248.16/year \$20.68/month
Additional members Using EFT Plan	\$163.86/year \$13.81/month		
Monthly Membership Additional members	Individual \$42.13/month \$21.06/month	Senior/Student \$37.91/month	Military \$31.60/year

Racquetball/Locker Room Memberships

Resident Rates • Annual Membership includes Locker Rooms

For residents of the park district, and anyone who works in Des Plaines.

Annual Membership Annual using EFT	Individual \$76.80/year \$6.40/month	Senior/Student \$69.12/year \$5.76/month	Military \$57.60/year \$4.80/month
Additional members Using EFT Plan	\$38.40/year \$3.20/month		
Monthly Membership Additional members	Individual \$9.50/month \$4.75/month	Senior/Student \$8.55/month	Military \$7.13/month

Non-resident Rates • Annual Membership includes Locker Rooms

Annual Membership Annual using EFT	Individual \$96/year \$8/month	Senior/Student \$86.40/year \$7.20/month	Military \$72/year \$6/month
Additional members Using EFT Plan	\$48/year \$4/month		
Monthly Membership Additional members	Individual \$11.88/month \$5.94/month	Senior/Student \$10.69/month	Military \$8.91/month

Member Referral Program

An Exclusive Offer for Members

Here's a great way to extend your fitness membership, for FREE! Bring a friend to the Prairie Lake Fitness Center so they can workout with you, enjoy the facility and experience member benefits.

Your friends, including non-residents, will pay only the resident daily rate: just \$7! If your friend buys either an annual or an EFT membership, you'll receive 50% off your EFT or annual renewal.

Get fit, stay fit, and save!

Ask for details at the front desk,
or call: 847-391-5711

FITNESS CENTER OPEN HOUSE

Saturday, January 7 • 8:00a-1:00p

Come get your fitness on with us!

At this annual Open House you can take a tour, talk to our Personal Trainers, get information about nutrition and a healthy lifestyle, and sample some of our most popular fitness and cycling classes.

- Free use of the Fitness Center
- Free use of the Racquetball Courts
- Free orientation on the equipment
- Staff nutritionist, to answer questions about starting a fitness-focused and healthy lifestyle
- Personal Trainers, to answer questions
- Discounts on classes & memberships

PRAIRIE LAKES • FITNESS CENTER

515 E. Thacker Street • 847-391-5711 • DPParks.org

PRAIRIE LAKES FITNESS CENTER • MEMBERSHIP BASICS •

Individual: 14 years of age and older*

Student: Registered full time student, 14–23 years old.*
ID required to verify age, address, and school status.

Senior: 60+

Resident: Anyone 16 years of age or older who lives or works in Des Plaines. (See page 52.)

*Teens, ages 14 and 15, can now use the Fitness Center provided they are supervised by a parent. The parent must be in the Fitness Center during the teen's workout. ss

A one-on-one orientation for parent and teen must be completed before using the fitness center and the equipment.

HERE'S WHAT'S INCLUDED IN YOUR MEMBERSHIP

Annual and EFT Fitness Center Memberships

- Orientation to the Fitness equipment
- Fitness Center
- Towel Service
- Open Gym: 2 Multi-purpose Full Courts
- 50% Discount on Group Fitness and Cycling Classes
- Free Daily drop-in to any Group Fitness or Cycling class (as long as it has met the class minimum and space allows)
- 25% Discount for Fitness Assessment and Personal Training
- Member Only Locker Rooms and Showers
- Sauna and Whirlpool
- Discount on Babysitting
- Racquetball Courts (requires hourly court fees)
- Seven-Day Advance Registration on Courts
- Use of the Leisure Center Health Club

Monthly Fitness Center Membership

- Orientation to the Fitness equipment
- Fitness Center
- Towel Service
- Open Gym: 2 Multi-purpose Full Courts
- 25% Discount on Group Fitness and Cycling Classes
- Member Only Locker Rooms and Showers
- Sauna and Whirlpool
- Discount on Babysitting
- Racquetball Courts (requires hourly court fees)
- Seven-Day Advance Registration on Courts

Racquetball/Locker Room Membership

- Racquetball courts (requires hourly court fees)
- Locker Rooms and Showers
- Towel Service
- \$2 off Daily Fee for Fitness Center
- Discount on Babysitting
- Seven-Day Advance Registration on Courts

ANNUAL FITNESS CENTER MEMBERS

RECEIVE 50% OFF ALL GROUP FITNESS
AND CYCLING CLASSES.

MONTHLY FITNESS CENTER MEMBERS

RECEIVE 25% OFF ALL GROUP FITNESS
AND CYCLING CLASSES.

Just present your membership card when you register, and save!

ABOUT EFT MEMBERSHIPS

With an **Electronic Funds Transfer**, the monthly payments will be deducted from your account (*debit or credit card*) on the 15th of each month (or the next business day).

The **EFT Membership** renews automatically each year.
You will be notified prior to any increase in fees.

Call 847-391-5711 for details!

FITNESS CENTER DAILY FEE

Residents: \$7.00 • Non-residents: \$10.00
Proof of residency must be provided, along with a photo ID.

LOCKER ROOM DAILY FEE

Residents: \$2.00 • Non-residents: \$3.00
Proof of residency must be provided, along with a photo ID.

PAY AS YOU GO FITNESS CLASSES!

SPECIALTY FITNESS CLASS DAILY FEE

\$10.00

GROUP FITNESS CLASS DAILY FEE

Residents: \$7.00 • Non-residents: \$8.00

NEW Motivate Me!

Ages 14+

Have you gone through your orientation and still feel unsure what to do when you get to the gym? Do you feel overwhelmed by all of the fitness information out there? Looking to achieving your personal best level of fitness? **Motivate Me** is a hands-on fitness classroom experience that will increase your knowledge and confidence when going to the gym. A wide variety of current fitness topics will be covered, including: nutrition, proper technique, safe core exercises, workout planning, and others.

Min/Max: 5/10

Jon Kahney, ACE Certified Personal Trainer and
Master in Physical Education, Instructor

Prairie Lakes,

Mountain View 1 & 2 (Tuesdays) & Prairie Room (Thursdays)

Session 1, 3 weeks 1/17–2/2

Tuesdays & Thursdays 6:00–7:00p

R: \$48 /NR: \$54 #423980-1

Session 2, 3 weeks 2/7–2/23

Tuesdays & Thursdays 6:00–7:00p

R: \$48 /NR: \$54 #423980-2

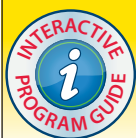
Session 3, 3 weeks 2/28–3/16

Tuesdays & Thursdays 6:00–7:00p

R: \$48 /NR: \$54 #423980-3

Not a Group Fitness Class

Click the program code to register online now.



FITNESS CLASSES • GROUP

Fitness classes are for ages 14+. Fitness instructors tailor the exercises in every class to the individual's level of fitness and ability.

Hectic schedule?
Try one of our Group Fitness classes!
 It's easy and convenient: just pay the daily fee.* R: \$7/NR: \$8
Save! An individual who signs up for two or more group fitness classes receives a \$5 discount.
 *Valid if a class meets its minimum enrollment.

E-Z Impact

Beginner

Easy aerobic exercises focus on flexibility and balance. Perfect for beginners, active older adults, postpartum moms, and the out-of-shape. ss

Min/Max: 7/30

Mary Lou Anderson, ACE Certified Instructor
 Prairie Lakes, Aerobics Studio

Session 1, 4 weeks

Mondays, 10:00–11:00a 1/9–1/30
 R: \$22/NR: \$26 #462656-1

Wednesdays, 10:00–11:00a 1/11–2/1
 R: \$22/NR: \$26 #462656-2

Fridays, 10:00–11:00a 1/13–2/3
 R: \$22/NR: \$26 #462656-3

Session 2, 6 weeks

Mondays, 10:00–11:00a 2/13–3/20
 R: \$33/NR: \$39 #462656-4

Wednesdays, 10:00–11:00a 2/15–3/22
 R: \$33/NR: \$39 #462656-5

Fridays, 10:00–11:00a 2/17–3/24
 R: \$33/NR: \$39 #462656-6

Done in 45!

Beginner to Intermediate

Expect to be pushed in this high energy class that offers varied cardio and resistance exercises. Like a nicely wrapped gift box, you'll never know what you're going to get; keeps the mind and body guessing. Burn fat, get stronger, and build endurance in a short amount of time. Modifications and impact will be shown. ss

Min/Max: 7/30

Cherry Nellessen, AFAA Certified Instructor
 Prairie Lakes, Aerobics Studio

11 weeks

Mondays, 6:20–7:10p 1/9–3/27*
 R: \$60.50/NR: \$72 #462660-1

*No class 3/13

Hi/Lo All-Around

Beginner to Intermediate

Variety, Fun and Fitness. This class combines dance, Latin dance, power, and sport moves, with muscle strengthening, toning, core conditioning, and step for an all-around workout. ss

Min/Max: 7/30

Mary Lou Anderson, ACE Certified Instructor
 Prairie Lakes, Aerobic Studio

Session 1, 4 weeks

Tuesdays, 9:00–10:00a 1/10–1/31
 R: \$22/NR: \$26 #462657-1

Thursdays, 9:00–10:00a 1/12–2/2
 R: \$22/NR: \$26 #462657-2

Session 2, 6 weeks

Tuesdays, 9:00–10:00a 2/14–3/21
 R: \$33/NR: \$39 #462657-3

Thursdays, 9:00–10:00a 2/16–3/23
 R: \$33/NR: \$39 #462657-4

30-minute Power Up

Beginner to Intermediate

Get up and reap the calorie burning and muscle strengthening benefits of this short, but effective, 30-minute cardio/strength program. Get your workout in first thing in the morning and come out energized ready to tackle whatever comes your way over the weekend! Modifications and impact will be shown. ss

Min/Max: 7/30

Cherry Nellessen, AFAA Certified Instructor
 Prairie Lakes, Aerobics Studio

10 weeks

Saturdays, 8:30–9:00a 1/14–4/1*
 R: \$55/NR: \$65 #462659-1

*No class 2/4, 3/18

Hip-Hop Cardio

Ages 16+

This popular exercise class gets your heart pumping while you learn the most current dance moves. Put your boogie shoes on and join us for a dance class that is sure to make you sweat! ns

Min/Max: 8/20

David Ingram, Instructor
 Prairie Lakes, Aerobics Studio

Saturdays, 11:45a–12:45p 1/7–3/11
 R: \$95/NR: \$118.75 #460138-1

*No class on 11/26

Up & At 'Em

Intermediate to Advanced

Get ready for your day with a great workout using a combination of cardio, resistance training, and weights. We work on the step and ball, and use weights and the body bar. This is an intense wake-up workout. ss

Min/Max: 7/30

Barb Kieca, Certified Instructor
 Prairie Lakes, Aerobics Studio

12 weeks

Tuesdays, 6:15–7:00a 1/10–3/28
 R: \$66/NR: \$78 #462661-1

Thursdays, 6:15–7:00a 1/12–3/30
 R: \$66/NR: \$78 #462661-2

Nice 'N Easy

Beginner

Think joining a group exercise class may be too tough? Whether you're 19 or 90, join us for light walking, easy-level aerobics, balance, light weight training, stretching, and relaxation. Floor exercises are optional. This is a great class for seniors or for individuals who are just getting started on a fitness routine. ss

Min/Max: 7/30

Mary Lou Anderson, ACE Certified Instructor
 Prairie Lakes, Aerobics Studio

Session 1, 4 weeks

Tuesdays, 11:00a–noon 1/10–1/31
 R: \$22/NR: \$26 #462668-1

Thursdays, 11:00a–noon 1/12–2/2
 R: \$22/NR: \$26 #462668-2

Session 2, 6 weeks

Tuesdays, 11:00a–noon 2/7–3/21
 R: \$33/NR: \$39 #462668-3

Thursdays, 11:00a–noon 2/9–3/23
 R: \$33/NR: \$39 #462668-4

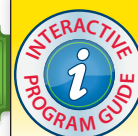


Be Active!

GET FIT!

at the Des Plaines Park District

FITNESS CLASSES • GROUP



Click the program code to register online now.

Cardio/Tone

Beginner to Intermediate

This popular Group Fitness Class has all that you need: Cardio Routines, and Abs and Muscle Workouts using weights, medicine balls, resistance balls, and tubing. ss

Min/Max: 7/30

Suzie Reegan & Susan Gleeson,

AFAA Certified Instructors

Prairie Lakes, Aerobics Studio

12 weeks

Wednesdays, 6:15–7:00p

1/11–3/29

R: \$66/NR: \$78

#462667-1

TGFF

Beginner/Intermediate class • Ages 14+

Thank Goodness For Fitness! Are you looking for a great class that will get your heart rate going strong? This new class features exercises with bands, tubes, steps, different types of weights and cardio. ss

Min/Max: 7/15

Barb Kieca, Certified Instructor

Prairie Lakes, Aerobics Studio

12 weeks

Fridays, 9:00–10:00a

1/13–3/31

R: \$66/NR: \$78

#462669-1

Boot Camp



No guts, no glory in this total body workout!

This class incorporates drills designed to enhance agility, speed, power, strength, and quickness. You'll move around the room to a number of different stations—each designed for a specific exercise.

Check “lazy” at the door when you step into this workout. Boot Camp works you head to toe so you'll be ready for anything life brings. ss

Min/Max: 7/15

Freddie Gonzalez,

NASM Certified Personal Trainer, Instructor

Prairie Lakes, Racquetball Court

Session 1, 6 weeks

Saturdays, 8:00–9:00a

1/14–2/25*

R: \$33/NR: \$39

#462658-1

*No class 2/4

Session 2, 5 weeks

Saturdays, 8:00–9:00a

3/4–4/1

R: \$27.50/NR: \$33

#462658-2



ZUMBA
FITNESS

Zumba® Gold

Beginner to Intermediate

A fun and friendly fitness-in-disguise class that is designed to take the original Zumba and bring it to the shy beginner, active older adults and participants needing modifications. No dance experience required. There will be lots of ‘shaking going on’ to zesty Latin and International music and rhythms but absolutely no jumping.

You'll learn to appreciate exercise through dancing. Wear comfortable, non-restrictive active wear and cross-training shoes. Bring a towel; you will sweat! ss

Min/Max: 7/30

Cherry Nellessen, Licensed Zumba® and

Zumba® Gold Instructor

Prairie Lakes, Aerobics Studio

11 weeks

Mondays, 5:25–6:15p

1/9–3/27*

R: \$60.50/NR: \$72

#462671-1

*No class 3/13

Zumba® Toning

Beginner to Advanced

When it comes to dancing into shape, **Zumba Toning** raises the bar (or rather, the toning sticks). Combined with the original Zumba moves and rhythm, this fun and friendly class uses the Zumba toning sticks (or light hand weights) for additional muscle conditioning experience. No previous Zumba or dance background is required.

The combination of fun music and energetic people around you will ignite you to move and flex those muscles. Wear comfortable, non-restrictive active wear and cross-trainer shoes. Bring a towel—you will sweat! ss

Min/Max: 7/30

Cherry Nellessen, Licensed Zumba and

Zumba Toning Instructor

Prairie Lakes, Aerobics Studio

10 weeks

Saturdays, 9:10–9:55a

1/14–4/1*

R: \$55/NR: \$65

#462672-1

*No class 2/4, 3/18

Fitness classes are for ages 14+.

Fitness instructors tailor the exercises in every class to the individual's level of fitness and ability.



GROUP FITNESS CLASS AT THE LEISURE CENTER

ULTIMATE LO-ROBICS

Beginner to Intermediate class

Ages 14+

Combines resistance power, low impact aerobics, step, and intense abs for an exhilarating workout. ss

Min/Max: 7/15

Mary Lou Anderson, ACE Certified Instructor

Leisure Center, Room 113

Session 1, 4 weeks

Thursdays, 6:30–7:30p

1/12–2/2

R: \$22/NR: \$26

#462654-1

Session 2, 6 weeks

Thursdays, 6:30–7:30p

2/16–3/23

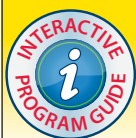
R: \$33/NR: \$39

#462654-2

Quick • Easy • Secure
ONLINE REGISTRATION

www.DPParks.org

Click the program code to register online now.



FITNESS CLASSES • SPECIALTY

Classes are for ages 14+
Fitness instructors tailor the exercises in every class to the individual's level of fitness and ability.

About Specialty Fitness Classes

These are not Group Fitness classes. Registration is required for each class.

PAY AS YOU GO!

\$10 per any Specialty Fitness Class.

Zumba® Group Classes

Zumba Gold and Zumba Toning are on page 47.

Pay as you go daily fee: R: \$7/NR: \$8

Pay as you Zumba!

Zumba and Zumba Toning
Pay as you go daily fee: R: \$10

PAY AS YOU POUND!

Pay as you go daily fee: R: \$10



Zumba®

Beginners to Advanced

The fun, exciting fitness class has taken the world by storm! Zumba® is a distinctive fusion of Latin and International dance music that combines high energy and motivating beats with unique moves and combinations. The routines feature aerobic/fitness interval training, with a combination of fast and slow rhythms that tone and sculpt the body. It's fun and easy to do! ss

Min/Max: 10/30

Lisa Carbello, Licensed Zumba® Instructor
Prairie Lakes, Aerobics Studio

9 weeks

Sundays, 9:00–10:00a 1/8–3/19*

R: \$72/NR: \$90 #462983-1

*No class 2/5, 2/26

Tuesdays, 4:30–5:30p 1/10–3/14*

R: \$72/NR: \$90 #462983-2

*No class 2/14

Wednesdays, 7:15–8:15p 1/11–3/15*

R: \$72/NR: \$90 #462983-3

*No class 2/15

Not a Group Fitness Class

Zumba® Sentao

Beginners to Advanced

This is the newest, exhilarating and effective Zumba workout. Sentao uses a chair for support, balance, and as a prop. You use your own body weight to firm and tone your arms, abs and glutes, while feeling the music, and moving your hips the Zumba way. This thrilling chair-based choreography does it all: improves cardiovascular performance; enhances muscle strength, definition and endurance; stabilizes and strengthens the core; and helps flexibility. This new revolutionary class is sure to challenge your body while providing the pulsating energy and experience you get from a Zumba Party! ss

Min/Max: 10/18

Lisa Carbello,
Licensed Zumba® Sentao Instructor

Prairie Lakes, Aerobics Studio

8 weeks

Saturdays, 10:00–10:45a 1/14–3/18*

R: \$64/NR: \$80 #462990-1

*No class on 2/4, 2/25

Not a Group Fitness Class

POUND

Beginner to Advanced

POUND is a full-body cardio jam session, combining light resistance with constant simulated drumming. The workout fuses cardio, Pilates, isometric movements, plyometrics and Isometric poses. Burn 400 to 900+ calories per workout. Strengthen and sculpt your physique by drumming your way to leaner body, all while rocking out to your favorite music! ss

Min/Max: 10/20

Lisa Carbello, Pound Fit Pro
Prairie Lakes, Aerobics Studio

9 weeks

Tuesdays, 5:45–6:15p 1/10–3/14*

R: \$72/NR: \$90 #462988-1

*No class 2/14

Wednesdays, 8:20–8:50p 1/11–3/15*

R: \$72/NR: \$90 #462988-2

*No class 2/15

Not a Group Fitness Class



ANNUAL FITNESS CENTER MEMBERS RECEIVE 50% OFF ALL GROUP FITNESS AND CYCLING CLASSES.

MONTHLY FITNESS CENTER MEMBERS RECEIVE 25% OFF ALL GROUP FITNESS AND CYCLING CLASSES.

Just present your membership card when you register, and save!

FITNESS CENTER DAILY FEE

Residents: \$7.00

Non-residents: \$10.00

LOCKER ROOM DAILY FEE

Residents: \$2.00

Non-residents: \$3.00

SPECIALTY FITNESS CLASS DAILY FEE

\$10.00

GROUP FITNESS CLASS DAILY FEE

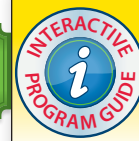
Residents: \$7.00

Non-residents: \$8.00

Proof of residency must be provided, along with a photo ID.



YOGA & MEDITATION



Click the program code to register online now.

YOGA CLASSES

Please bring a yoga mat with you to class. A yoga block and strap are also helpful. Do not purchase yoga supplies until you have received confirmation of placement in class.

Beginning Yoga

This is a moderately paced yoga class accessible to students of all ages and abilities. The class includes standing and balancing postures, along with deep stretches. We focus on proper alignment as we open our bodies and quiet our minds. ss
Min/Max: 8/25

Laura Feldman, Instructor

Prairie Lakes, Mountain View Rooms 2 & 3
8 weeks

Mondays, 6:00–7:00p 1/9–3/6*

R: \$64/NR: \$80 #456071-1

*No class 1/30

Not a Group Fitness class

Sorry, no senior discount.

All Levels Yoga

This yoga class is comprised of a sequence of flowing yoga poses that link movements to breath. The focus is on enhancing strength, balance, and flexibility. The pace is moderate, but options are offered to take poses to an intermediate level. The class concludes with poses that make you feel calm, balanced, and renewed! ss

Min/Max: 8/25

Laura Feldman, Instructor

Prairie Lakes, Mountain View Rooms 2 & 3
8 weeks

Mondays, 7:15–8:15p 1/9–3/6

R: \$64/NR: \$80 #456072-1

Not a Group Fitness class

Sorry, no senior discount.

CAN'T COMMIT TO AN ENTIRE SESSION?

Now you can **Pay As You Go** for any of our Group and Specialty Fitness Classes.

Group: R: \$7/NR: \$8 per class at the door.

Specialty: \$10 per class at the door.

GENTLE YOGA

If you are new to Yoga, or just not ready for a more advanced class, then this is for you. In this class, you will learn the basic Yoga poses, proper form, simple balance, and strength building—all at a comfortable pace. If you can get on a Yoga mat, then you can do this class! Great for all ages. ss

Min/Max: 8/25

Lisa Kelley, Instructor

Prairie Lakes, Mountain View Rooms 2 & 3
10 weeks

Saturdays, 10:15–11:15a 1/14–3/25*

R: \$80/NR: \$100 #456075-1

*No class 2/4

Not a Group Fitness class

CHAIR YOGA

Do you want to learn Yoga, but might have some trouble getting up and down from the floor? This class is made just for you! It's well suited for anyone experiencing loss or lack of flexibility. We start with breathing techniques, followed by stretches, strength building and balance—all in the comfort of a chair. ss

Min/Max: 8/25

Lisa Kelley, Instructor

Prairie Lakes, Mountain View Rooms 2 & 3
10 weeks

Mondays, 5:30–6:30p 1/16–3/20

R: \$80/NR: \$100 #456076-1

Not a Group Fitness class

MEDITATION CLASS NEW

If you just can't seem to find time for yourself to meditate or you really want to learn more about it then this class is for you. Learn the many different forms of meditation used in Classical Indian Yoga. This class will teach how to meditate along with various breathing techniques, all while using relaxing music or vibrational sounds. Please bring a yoga mat and pillow to sit on. Small blankets are optional.

Min/Max: 8/25

Lisa Kelley, Instructor

Prairie Lakes, Multi-purpose Rooms 1&2
11 weeks

Thursdays, 6:30–7:30p 1/12–3/23

R: \$88/NR: \$110 #456077-1

Not a Group Fitness class

CLASSICAL INDIAN YOGA

All Levels

Learn the ancient practice of Indian Yoga with Lisa Kelley. If you can breathe, you can do Yoga. These yoga classes bring Classical Indian Yoga (Raja Yoga) and Hatha Yoga together into one hour of asanas. Class starts off with breathing techniques, followed by a wide variety of balance, deep stretches, and strength poses, finishing with relaxation. These classes offer challenges for all ages and levels. ss

Min/Max: 8/25

Lisa Kelley & Stephanie Hornish,

Instructors

Prairie Lakes, Mountain View Rooms 2 & 3
10 weeks

Saturdays, 9:00–10:00a 1/14–3/25*

R: \$80/NR: \$100 #456074-1

*No class 2/4

Not a Group Fitness class



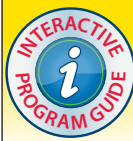
Be Active!

GET FIT!

at the Des Plaines Park District



Click the program code to register online now.



FITNESS CLASSES • SPECIALTY

Fitness classes are for ages 14+. Fitness instructors tailor the exercises in every class to the individual's level of fitness and ability.

Want even better results from your workout routine?

Our **Personal Fitness Trainers** can design a program just for you.

See the classes on page 43.

Register for
Personal Fitness Training
at the Prairie Lakes front desk.

Pilates Playground Fun

This unique class combines classic Pilates moves, fluid movements and various props, all using a mat.

- Create a stronger core
- Tone and strength the whole body
- Develop flat abs and slender thighs
- Strengthen your back
- Add flexibility to your muscles

You will never experience the same class twice, using different equipment and muscles every class. This class is for all levels. Please bring a mat. ss
Min/Max: 8/25

Sue Garcia Fitness, Instructor
Prairie Lakes, Aerobics Studio
12 weeks

Tuesdays, 10:00–11:00a 1/10–3/28
R: \$102/NR: \$126 #462980-1

Thursdays, 6:30–7:30p 1/12–3/30
R: \$102/NR: \$126 #462980-2

Thursdays, 7:30–8:30p 1/12–3/30
R: \$102/NR: \$126 #462980-3

Not a Group Fitness Class

Individuals who register for two *Sue Garcia Fitness* classes per session, receive a \$10 discount, and a \$20 discount for three classes!

Pilates/Barre Body Fusion

Beginner to Advanced

This hybrid workout is on the cutting edge of fitness classes. The workout includes the fat-burning format of interval training, the muscle shaping technique of isometrics, and the long lean look from Pilates. Your posture, flexibility, core muscle, balance, and muscle tone will improve with each class. Please bring a mat and one set of 2–3 pound weights with you to class. ss
Min/Max: 8/20

Sue Garcia Fitness, Instructor

Prairie Lakes, Multi-purpose Rooms 1 & 2
11 weeks

Saturdays, 8:30–9:30a 1/14–4/1*
R: \$94/NR: \$118 #462986-1

*No class 2/4

Sorry, no senior discount.

Not a Group Fitness Class

Individuals who register for two *Sue Garcia Fitness* classes per session receive a \$10 discount, and a \$20 discount for three classes!

Pilates/Barre/Yoga Fusion

A perfect fusion (flow) of yoga and mat Pilates. Think core strength plus flexibility. The class will include classic Pilates moves and well as basic yoga poses. No impact. ss

- Increase core strength
- Improve flexibility, posture and balance
- Create a longer leaner body tone
- Reduce stress
- Develop better blood flow
- Great class for back, knee, shoulder or neck problems

Please bring a yoga mat to class.

Min/Max: 8/20

Sue Garcia Fitness, Instructor

Prairie Lakes, Multi-purpose Rooms 1 & 2
12 weeks

Tuesdays, 6:40–7:40p 1/10–3/28
R: \$102/NR: \$126 #462981-1

Thursdays, 10:00–11:00a 1/12–3/30
R: \$102/NR: \$126 #462981-2

Individuals who register for two *Sue Garcia Fitness* classes per session receive a \$10 discount, and a \$20 discount for three classes!

Not a Group Fitness class



Pilates

Photo: Harins

Be Active!

GET FIT!

at the Des Plaines Park District

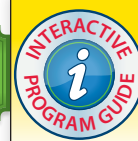
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FITNESS CLASSES • CYCLING



Click the program code to register online now.

CYCLING INSTRUCTORS

Julie Adam (JA) • Erica Cupuro (EC) • Karen Grabowski (KG)

Session 1, 6 weeks • Min/Max 5/12 • For Ages 16+

	CODE	DAY	DATES	CLASS TIME	INSTRUCTOR	R/NR
Cycle & Tone	462665-1	Mondays	1/9-2/13	10:00-10:45a	JA	\$42/\$48
Cycling	462665-2	Mondays	1/9-2/13	6:30-7:15p	EC	\$42/\$48
Beginning Cycle	462665-3	Tuesdays	1/10-2/14	7:00-7:30p	TBA	\$30/\$36
Cycling	462665-4	Wednesdays	1/11-2/15	6:00-6:45a	EC	\$42/\$48
Cycling	462665-5	Wednesdays	1/11-2/15	6:30-7:15p	KG	\$42/\$48
Cycling & Tone	462665-6	Fridays	1/13-2/17	10:00-10:45a	JA	\$42/\$48
Cycling	462665-7	Saturdays	1/14-2/18	9:00-9:45a	JA	\$42/\$48
Cycling	462665-8	Sundays	1/15-2/19	9:00-9:45a	JA	\$42/\$48
Yoga/Cycle	462665-9	Sundays	1/15-2/19	10:00-10:45a	JA	\$42/\$48

Session 2, 6 weeks • Min/Max 5/12 • For Ages 16+

	CODE	DAY	DATES	CLASS TIME	INSTRUCTOR	R/NR
Cycle & Tone	462666-1	Mondays	2/20-3/27	10:00-10:45a	JA	\$42/\$48
Cycling	462666-2	Mondays	2/20-3/27	6:30-7:15p	EC	\$42/\$48
Beginning Cycle	462666-3	Tuesdays	2/21-3/28	7:00-7:30p	TBA	\$30/\$36
Cycling	462666-4	Wednesdays	2/22-3/29	6:00-6:45a	EC	\$42/\$48
Cycling	462666-5	Wednesdays	2/22-3/29	6:30-7:15p	KG	\$42/\$48
Cycling & Tone	462666-6	Fridays	2/24-3/31	10:00-10:45a	JA	\$42/\$48
Cycling	462666-7	Saturdays	2/25-4/1	9:00-9:45a	JA	\$42/\$48
Cycling	462666-8	Sundays	2/26-4/2	9:00-9:45a	JA	\$42/\$48
Yoga/Cycle	462666-9	Sundays	2/26-4/2	10:00-10:45a	JA	\$42/\$48

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when you register, and save!*

CYCLING CLASS DAILY FEE

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FITNESS CENTER DAILY FEE

Residents: \$7.00 • Non-residents: \$10.00

LOCKER ROOM DAILY FEE

Residents: \$2.00 • Non-residents: \$3.00

GROUP FITNESS CLASS DAILY FEE

Residents: \$7.00 • Non-residents: \$8.00

SPECIALTY FITNESS CLASS DAILY FEE

R/NR: \$10.00

*Proof of residency must be provided, along with a photo ID.
Discounts cannot be combined with any other offers.*