

Health & Fitness



Spin Class Pass

Spin classes are now part of the Group Fitness Flex Pass package (see page 13 for details). Or sign up for Spin classes alone by purchasing a **Spin Class Pass**. The more you spin, the more you save! Purchase your Spin Class Pass at the Community Center front desk. Passes are good for one year from date of purchase.

Day	Time
Mon.	7:05-8 pm
Tues.	6-6:55 am
Tues.	8:30-9:25 am
Wed.	7:30-8:25 am (Interval)
Thurs.	6-6:55 am
Thurs.	7-7:55 pm
Fri.	6-6:55 am
Fri.	8:30-9:25 am
Sat.	7-7:55 am
Sun.	8:30-9:25 am

Location: Community Center

Fees+

1 Class Pass (Daily Fee)	\$10/res.; \$13/nonres
10 Class Pass	\$80/res.; \$100/nonres
20 Class Pass	\$120/res.; \$150/nonres
30 Class Pass	\$150/res.; \$188/nonres

- Passes are valid for any class, any time.
- Refunds are not issued for lack of use.
- Bikes are available on a first-come, first-served basis.
- Some classes may be cancelled due to continual low attendance.

+Parks Plus Fitness Center members receive 20% off the cost of any 10, 20 or 30 class pass!

Fifty Plus Balance, Strength & Stretch

Improve balance and ward-off osteoporosis in this relaxing, yet challenging class. Using light resistance, we'll strengthen the body and focus on functional fitness. Stretching exercises make this great workout complete. (LL)

Location: Community Center **Limit:** 30

Age	Dates	Day	Time	R/NR Fee	Class #
55 & over	1/3-2/21	Tu	10:35-11:30A	\$48/\$48	115104-01 ☺
55 & over	1/6-2/24	F	10-10:55A	\$48/\$48	115104-02 ☺
55 & over	2/28-4/17	Tu	10:35-11:30A	\$48/\$48	115104-03 ☺
55 & over	3/2-4/20	F	10-10:55A	\$48/\$48	115104-04 ☺

Couples Date Night Training

Tired of the same old dinner-and-a-movie date? Earn your date night dinner first! Let Kristina Emma, a Parks Plus Certified Personal Trainer, lead you through a fun, couples workout incorporating free weights and cardio exercises. Open to all couples...you and your spouse, or you and your BFF. (JS)

Location: Community Center **Limit:** 20

Age	Dates	Day	Time	R/NR Fee	Class #
18 & over	1/13-3/9	F	5-6P	\$60/\$75	115119-01
18 & over	1/13-3/9	F	5-6P	\$50/\$50+	115119-02

+Parks Plus Fitness Center Member Pricing

Biggest Loser – Workout Challenge

Ready to change your lifestyle? This 8-week challenge is for you. All participants are pre- and post-tested (tests include blood pressure, resting heart rate, body fat percentage or waist-to-hip ratio, and weight), participate in the last chance work out, and join weekly weigh-ins. Certified personal trainers coach and motivate you every step of the way. A prize is awarded to the participant who makes the most significant lifestyle change. But everyone who participates wins better health! (JS)

Location: Community Center **Limit:** 20

Age	Dates	Day	Time	R/NR Fee	Class #
18 & over	1/9-3/5	M,W	6-7P	\$110/\$137	115126-01
18 & over	1/9-3/5	M,W	6-7P	\$100/\$100+	115126-02

+Parks Plus Fitness Center Member Pricing

Pilates

Strengthen your abs and back with Pilates, a results-oriented exercise system for people of all fitness levels, regardless of strength, size or shape. This nonimpact system will teach you to realign your body and move with ease. Dress in comfortable clothing and bring a Pilates mat to follow the easy steps taught by Lesley Ronson-Brown, a certified Pilates instructor. (JB)

Location: Monroe Middle School **Limit:** 30

Age	Dates	Day	Time	R/NR Fee	Class #
18 & over	1/4-3/28	W	6:45-7:45P	\$123/\$154	123104-01



Try Before You Buy Offer Complimentary Workout

Thinking about joining? Come in and acquaint yourself with the Group Fitness program first by enjoying a complimentary workout.* This offer is open to all Wheaton residents 14 years of age and over. Residents must present a current utility bill, valid driver's license or an active Wheaton Park District Resident Photo ID as proof of residency and must complete a guest waiver.

Stop by the Wheaton Park District Community Center Service Desk in order to take advantage of this offer.

*This offer cannot be combined with any other promotions or coupons and can only be utilized one (1) time per 12 month period.

Coupon Code: Try Us

