

WAUKEGAN PARK DISTRICT

FOR IMMEDIATE RELEASE

To: All Media

Contact:

Dayna Wick
Recreation Supervisor- Facility and
Membership
Waukegan Park District
(847) 782-3625
Dwick@waukeganparks.org



Commit to Be Fit in 2012!

Waukegan, IL (December 8, 2011) – It's time to start planning your 2012 New Year's resolution to become healthier and fit! The Field House Sports and Fitness Center has many programs and services to assist you in reaching your goals! It's often difficult to get motivated to join a gym, or develop a consistent workout routine. Make your 2012 resolution a reality; join the Fitness Center and let us help you to get on track and improve your health and fitness.

From January 2, 2012 to February 18th, 2012, sign up for a Fitness Center membership for \$29.99 a month, for your first six months. Not only do you save with this great offer, there is no initiation fee to join.

Fitness Center Members receive many benefits including member only locker rooms, steam rooms, and saunas. If you don't like working out by yourself, you can come to select group fitness classes for FREE including Hatha Yoga, Pilates, Cycle, Rev It Up and more! You can enjoy a picturesque view of Hinkston Park or a favorite TV program

when working out on the cardio equipment. The 45 pieces of cardio equipment have cable TV and personal monitors.

For more information call the Field House front desk at 847-782-3300 or stop by today and take a tour of the state-of-the-art facility.

About the Waukegan Park District

Established on December 26, 1916, the district has 47 properties and 720 acres of land, which includes 18-hole Bonnie Brook and 9-hole Greenshire Golf Courses. The District operates the Field House Sports and Fitness Center, the Jack Benny Center for the Arts, the Waukegan SportsPark, the Waukegan Skate Park, the Waukegan BMX Track, recreational centers, an outdoor swimming pool, outdoor sports fields, picnic areas, playgrounds, and sports courts including basketball and tennis. A full range of programs and services are offered year round for all ages including special populations. Cultural events are provided by the Waukegan Symphony Orchestra and Concert Chorus, the Bowen Park Theatre Company, and the Waukegan History Museum. The award-winning District employs 60 full-time staff and over 250 part-time, year round, seasonal and temporary employees. The District is a member of the National Recreation and Park Association (NRPA), Illinois Association of Park Districts (IAPD), and Illinois Park and Recreation Association (IPRA). The District holds IAPD Distinguished Agency and Park District Risk Management Agency Accreditations and maintains a Level A Loss Control Program.