
WAUKEGAN PARK DISTRICT

For Immediate Release

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BE OUR GUEST! FREE WEEK AT THE FITNESS CENTER!

Waukegan, IL (August 20, 2010) The Waukegan Park District's Field House Sports and Fitness Center invites the public to try out the Fitness Center and experience its many amenities for absolutely NO CHARGE from Monday, August 30th through Sunday, September 5! This special promotion is part of the Waukegan Park District's *Go Healthy Challenge*. Helping residents become more active and fit is a high priority of the Park District and this is an opportunity for the public to experience the Fitness Center without a membership. Physical activity is not only rewarding, it can be fun and during this special week beginning Monday, August 30 through Sunday, September 5, its free!

Take advantage of this special week to try out the cardio equipment with built in television screens, free weights, selectorized strength line, group fitness classes, sauna and steam room, walking track, climbing wall and more! There is a fitness activity for everyone at the Field House Sports and Fitness Center

Get back into shape with a fitness routine that will be enjoyable and produce results that can seen and felt! Fitness Assessments, Personal Training Services and Specialized

Sports and Fitness Programs are also available. For more information, call 847-782-3300 or log on to our website at www.waukeganparks.org.

About the Waukegan Park District

Established on December 26, 1916 the district has 47 properties and 720 acres of land, which includes the 18-hole Bonnie Brook and the 9-hole Greenshire Golf Courses. The District operates recreational centers, the Field House Sports and Fitness Center, the Jack Benny Center for the Arts, an outdoor swimming pool, outdoor sports fields, picnic areas, playgrounds, basketball courts, the Waukegan Skate Park, and the Waukegan BMX track. 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. Sixty-one authorized 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 maintains IAPD Distinguished Agency accreditation and is also accredited with the Park District Risk Management Agency and maintains a Level A Loss Control Program.