

Field House Sports & Fitness Center

THE FACILITY

The Field House Sports and Fitness Center is an 80,000 square foot modern, state-of-the-art indoor sports and fitness facility. Amenities include a three-story climbing wall, six-court hardwood gymnasium, 1/7 of a mile indoor track, 14,000 sq ft fitness center, meeting rooms, locker rooms and library branch.

The Fitness Center

The spacious Fitness Center is a two level facility overlooking beautiful Hinkston Park with a large selection of Technogym selectorized equipment, Hammer Strength plate loaded machines, free weights, and other equipment to help tighten and tone. The Technogym cardio equipment, located on the second floor, includes ellipticals, treadmills, upright bikes, recumbent bikes and arm ergometer. All Technogym cardio equipment is equipped with individual TV viewing screens with over 30 cable channels. The Group Fitness Studio is packed with bikes, bands, balls, mats and other equipment for engaging group fitness classes.

Fitness Equipment

- 50 Pieces of Cardio Equipment
- 17 Stations of Selectorized Equipment
- 19 Stations of Plate Loaded Equipment
- Free Weights
- 25 Stability Balls
- 40 Steps
- Bands, Mats and Ropes
- 16 Spin Bikes
- Anterior and Posterior Flexibility Machines



Child Center Services

Parents, be assured that your child is in good hands while you use the amenities at The Field House Sports and Fitness Center! Whether you are working out, in a volleyball league, or in a fitness class, you can use the Child Center while you are on site. The Child Center is for ages 3-11 and is offered on a first-come, first-served basis and does have a maximum capacity according to staff availability. All nonmember payments for Child Center must be made at the front desk and the receipt will serve as admittance to check-in.

Hours of Operation

MO/WE 6-8pm
TU/TH 9-11am

Fees

- FREE for children of fitness center members.
- Non-member daily fee: \$5 for the first child and \$3 for each additional child in the same family.

FITNESS CENTER MEMBERSHIPS

Membership Rates No Enrollment Fee or Contract

Individual

Member Rate

\$52/mo

Plus One**

\$40/mo

Student*** (14 yr min.)

\$33/mo

**BEST
VALUE!**

Park District Resident Discounted Rate*

\$45/mo

\$30/mo

\$28/mo

*Proof of residency required **Plus One must reside at same address as first member
***Proof of student status required

Member Benefits

- **No Contract or Enrollment Fees!**
- Access to Field House Amenities: Track, Open Climbing Wall, Open Gym, Complimentary Towel Service, Sauna & Steam Room, Indoor Batting/Golf Cage (subject to availability)
- Exclusive Member Locker Rooms
- Free Group Fitness Classes
- Free Child Care (select days and times)
- Free Wi-Fi
- Free Access to Lap Swim at Ganster Pool (See Page 40)

**Did you know that
your health insurance
may pay for your
fitness membership?**

**Check with your provider or
call the Field House at
847-782-3300 for
more information.**



**WorkFit
CORPORATE RATES**

A Corporate Discount Program is now available for the Field House Fitness Center. Check out our website for the latest information, or call Dayna Wick at 847-782-3625 and ask about how to get a group discount for your business.



The Healthy Minds/Healthy Bodies program for wounded, ill or injured military personnel was created to provide a way of transitioning back into the community as a civilian, through fitness. The program offers three main features:

- Two free one-year memberships to the health club, one for the veteran and other for a workout partner
- Fifteen free personal trainer sessions
- Monthly socials

To qualify for this program you must have:

- DD214 with honorable discharge
- Proof of a 10% or higher disability rating from the VA

Contact Julie Schneider, Manager of Special Recreation at 847-360-4762 or jschneider@waukeganparks.org



The Field House Sports & Fitness Center invites individuals with physical challenges to experience top-of-the-line fitness equipment designed to accommodate and adapt for individuals with physical impairments. A feature item at the Fitness Center is the Technogym Excite Top, an arm bike with a removable seat for wheelchair access. Other pieces of equipment are wheelchair accessible or are stationed lower to the floor for easier transferring. The Fitness Center prides itself on offering personal trainers with national certifications and experience working with clients who have special needs. If you are seeking competitive and recreational sport opportunities, contact the Great Lakes Adaptive Sports Association (GLASA). GLASA provides a variety of sports and recreational programs for youth and adults who have a primary physical or visual impairment, such as swimming, wheelchair basketball, soccer for the blind and other recreational activities. Adaptive equipment is included. For further information, please contact Cindy Housener at 847-283-0908.

Field House Sports and Fitness Center Hours and Fees

Walking Track

Monday-Friday: 5:30am-9pm

Saturday-Sunday: 7am-5pm

Daily Fees \$3 Resident/\$4 Non-resident

Walking Track Only 1-Month Pass: \$20 Resident/\$25 Non-resident

WPD Resident Free Walking Times: Monday-Friday, 9-11am, 2-4pm and 7:30-9pm

Track participants must be at least 14 years old or 11-13 and accompanied by an adult.

Open Gym

Monday-Friday: 5:30am-9pm

Saturday: 7am-5pm*

Sunday: 7am-5pm*

*Hours may vary based on special events and programs. Summer hours in effect 6/2-9/22.

Daily Fees:

Youth 17 and under Resident: \$4/Non-resident: \$6

Adults 18 and over Resident: \$5/Non-resident: \$6

Open Gym Only 1 month pass: \$25 Resident/\$30 Non-Resident (Youth)

Open Gym Only 1 month pass: \$30 Resident/\$35 Non-Resident (Adult)

Open Gym Only 3 month pass: \$60 Resident/\$70 Non-Resident (Youth)

Open Gym Only 3 month pass: \$70 Resident/\$80 Non-Resident (Adult)

Climbing Wall

Open Climb Times: MO 4-7pm, WE 5-8pm, SA 10am-2pm.

\$5 Two Climbs/\$10 Two Hours

Participants must be five years old or weigh a minimum of 70 lbs. to use Auto Belay System.

Fitness Center

Monday-Friday: 5:30am-9pm

Saturday-Sunday: 7am-5pm

Fitness Center Daily Fees

\$9 Resident \$12 Non-resident

Special Hours

May 28 Memorial Day Closed

July 4 Independence Day Closed

September 3 Labor Day Closed

To keep your facility looking brand new, the Field House Sports & Fitness Center will be closed Tuesday, August 28–Monday, September 3, 1021.

Call 847-782-3300 for Field House information including the Fitness Center, Open Gym, Climbing Wall and Walking Track.

Group Fitness

FITNESS CLASSES

Fitness classes are open to members and nonmembers alike. Our group classes offer variety and flexibility for diverse scheduling needs. All classes are free to members. Members are also required to sign in at the front desk before attending each class. Note: All classes are subject to cancellation based on enrollment and holiday hours.

Please stop by the Field House Sports and Fitness Center or go to www.waukeganparks.org to check out the latest fitness schedule.

No Group Fitness Classes

Routine Cleaning and Maintenance: August 28–September 3



BASIC CLASSES

Basic classes are **FREE** to members with limited availability. To secure your spot, please sign up at Front Desk the day of the class prior to attending. Non-members may also attend Basic classes by paying a **drop-in fee**, or purchasing a **Passport to Fitness**.

BASIC Classes include:

Six Pack Abs

All levels. Work on tightening and toning the midsection through a variety of abdominal exercises on the floor and on the ball.

Butt and Gut

All levels. Tighten the glutes and abs! Resistance and isometric exercises for those hard to define areas.

BOSU Combo

All levels. This class will utilize the BOSU ball to increase stability throughout your body while doing weight training with the arms.

Group Cycle

All levels. 45 minute indoor stationary spinning class that will incorporate hill climbs, sprints and jumps into an excellent cardio routine. Expose your inner athlete here!

NON-MEMBER FEE STRUCTURE

Drop-in to Group Fitness

Don't want to commit to just one class? Drop in so you may pick and choose which class you would like to attend that day.

Basic Classes R \$9 NR \$12

Passport to Group Fitness

Buy a Passport to Group Fitness so you may pick and choose which class you would like to attend while getting a better value than a drop-in. Looking to try several classes at the convenience of your busy schedule? Each passport allows up to 10 visits* and passport is good for up to 6 months from the date of purchase. Passports cannot be used for Fitness Center daily visit.

10 Visit Passports

\$50/\$60

To redeem for class: Basic Classes=1 punch

Passports are accepted on a first-come first-served basis. Please sign in at the front desk prior to attending class. Specialized classes are by registration. Fitness drop-ins and passports may only be used if the class does not meet the maximum number of registered participants.

**Check out
Youth Fitness
on Page 29**

Rev it UP

All levels. This fat burning, metabolism revving workout incorporates toning exercise with high intensity cardio intervals. Don't waste your time here! You will get a cardiovascular and strength training workout in one class.

Mat Pilates

All levels. This Mat Pilates class is perfect for beginners but will challenge experienced exercisers as well. Pilates is a mind-body technique that focuses on core strength, flexibility and lengthening the muscles. You will gain tighter abs, a stronger back, and build upper and lower body strength, all while you learn to stabilize your body in a way that will keep you feeling younger longer!

Beginning Hatha Yoga

Beginner Level. Learn the basic fundamentals of yoga through gentle and restorative stretching, while gradually building the core muscles. This class will focus on beginner based yoga, tending to the mind and spirit, while increasing strength, flexibility, and balance. This is a great class for people brand new to yoga, or recovering from past injuries. Instructor will teach modifications to customize your needs!

Group Fitness Schedule

SU	MO	TU	WE	TH	FR	SA
		Boot Camp 6:15-7:15am <i>Specialized Class</i>		Boot Camp 6:15-7:15am <i>Specialized Class</i>		
AM	Rev It Up! 9-10am	Total Body Sculpting 9-10am <i>Specialized Class</i>	Stability Ball Toning 9-10am	Indoor Cycling 7-8am	Yogalates 9-10am ♿	Beginning Hatha Yoga 10-11:30am ♿
	SilverSneakers 10:15-11am ♿		SilverSneakers® 10:15-11am ♿		SilverSneakers 10:15-11am ♿	
	Six Pack Abs 5:15-5:45pm		Weekend Warrior Sports 5:15-6:15pm <i>Specialized Class</i>	Butt & Gut 5:15-6pm		
PM	Mat Pilates 6-7pm Meeting	Group Cycle 6:10-6:55pm	Intermediate Hatha Yoga 6:30-8pm ♿	BOSU Combo 6:10-7pm	Nonmember Options	
	Zumba 7:15-8:15pm <i>Specialized Class</i>	Advanced Mat Pilates 7-8pm <i>Specialized Class</i>		Zumba 7:15-8:15pm <i>Specialized Class</i>	4-Week Registration \$29/\$35 Drop-in Registration \$9/\$12 10-Punch Passport \$50/\$60 (Basic Class=1 punch)	

Schedule subject to change without notice. All classes are open to ages 14 and up. Please preregister for *Specialized Classes*. Purchase passports and drop-ins at Front Desk. *Specialized Classes* have an additional fee to join.

Intermediate Hatha Yoga ♿

Intermediate Levels. Go beyond the basics, and enter the next level of yoga knowledge, philosophies, skills, and practices. This class will provide a more in depth exercise that is geared not only to increase strength, flexibility, and balance, but also teach and challenge breath work and meditation principles. Modifications will be offered to accommodate all physical abilities!

Stability Ball Toning

All levels. This is very good for beginners who want to learn more about correctly using the stability ball. In this class you will strengthen your entire body while utilizing the stability ball. You will increase your strength, flexibility, and balance through your major muscle groups.

Yogalates ♿

All levels. Start your day off right by relaxing and strengthening your body for the day ahead. This class combines both Yoga and Pilates exercises to focus on lengthening and strengthening your core muscles and increase flexibility. Charge your self for the stressful day to come!



These programs are low impact and build strength, flexibility and mobility. They are especially suitable for all ages and fitness levels including different levels of rehabilitation needs.

FREE! **FREE!**

Come join the party!

ZUMBA
PARTY

Tuesday, July 17, 2012 at 7pm

FREE to members and nonmembers.
You'll forget you're working out
because it feels like a PARTY!

THE
FIELD HOUSE

SPORTS & FITNESS CENTER

AT HINKSTON PARK

800 N. Baldwin Avenue • Waukegan, IL • 847-782-3300

Specialized Classes

Elite Athlete Training (13 years and older)

Does your sports team want to increase stamina, coordination, speed, vertical jumping, power and more? We have certified Trainers available to help your team achieve full athletic potential. Plyometrics, Weight Lifting, Core Exercises, and Cardio Training will all be incorporated based on your specific sport. Minimum 6, maximum 12 athletes to participate. Training is based on facility and instructor availability. Call 847-782-3624 for pricing and availability.

Zumba (14 years & older) \$29/\$35

All levels. This class combines Latin American music and dance to create one great class that's both fun and an easy way to lose weight. Come learn how shimmy, shake, and move your feet to the music for a fun workout that feels like a party. We begin with basic steps so that you can learn, have fun, and sweat even if you have never danced a day in your life! This class is by registration only. No drop ins/passports accepted. Four week sessions.

FH	MO	6/25-7/16	7:15-8:15pm	Reg by 6/24	#8007
FH	TH	6/28-7/19	7:15-8:15pm	Reg by 6/26	#8008
FH	MO	7/30-8/20	7:15-8:15pm	Reg by 7/28	#8009
FH	TH	8/02-8/23	7:15-8:15pm	Reg by 7/31	#8006

Boot Camp (14 years & older) \$29/\$35 Two Classes* \$55/\$65

If you are serious about getting into peak shape, this class is for you! Boot camp workouts involve calisthenics like pushups, jumping jacks, crunches and other body weight exercises...the difference lies in the intensity. Beginner? Exercises are modified for beginners, but you'll still burn lots of calories. Advanced? You'll work your entire body—heart and muscles, with a higher intensity and without resting. Four week sessions.

FH	TU	6/26-7/17	6:15-7:15am	Reg by 6/24	#8242
FH	TH	6/28-7/19	6:15-7:15am	Reg by 6/26	#8255
FH	TU	7/31-8/21	6:15-7:15am	Reg by 7/29	#8243
FH	TH	8/02-8/23	6:15-7:15am	Reg by 7/31	#8244

*To get discounted two class rate, both classes must be Boot Camp

Advanced Mat Pilates (14 years & older) \$29/\$35

Advanced levels. This class will be perfect for the advanced participant. It will challenge the experienced exerciser to the next level. Pilates is a mind-body technique that focuses on core strength, flexibility and lengthening the muscles. You will gain tighter abs, a stronger back, and build upper and lower body strength, all while you learn to stabilize your body in a way that will keep you feeling younger longer! Four week sessions.

FH	TU	6/26-7/17	7-8pm	Reg by 6/24	#8145
FH	TU	7/31-8/21	7-8pm	Reg by 7/29	#8146

Total Body Sculpting (14 years & older) \$29/\$35

In this class you will use resistance to build muscular strength and aerobic endurance. You will use free weights, including dumbbells, barbells, and hand weights. You will strengthen and increase the amount of muscle mass in your body by making your muscles work harder than they are used to. Four week sessions.

FH	TU	6/26-7/17	9-10am	Reg by 6/24	#8149
FH	TU	7/31-8/21	9-10am	Reg by 7/29	#8150



Weekend Warrior Sports Conditioning (14 years & older) \$29/\$35

All levels. This course is designed to train you for your sport of choice. Workouts will include plyometric training, speed and agility training as well as improved hand eye coordination and quickness. Workouts are based on sports performance improvement. Four week sessions.

FH	WE	6/27-7/25*	5:15-6:15 pm	Reg by 6/25	#8140
FH	WE	8/01-8/22	5:15-6:15 pm	Reg by 7/30	#8141

*No class on 7/4

SilverSneakers®

(65 years & older) Drop in fee/Passport to Fitness

This class is pioneered for adults ages 60 and older. In this class, you will increase strength, range of motion, agility, balance, and coordination. You will improve your functional capacities, physical fitness level, and sense of well-being. All exercises are conducted from a sitting position in a chair or standing directly next to the chair. Non-Silver Sneakers members may pay drop in fee or purchase Passport to Fitness.

FH	MO/WE/FR	10:15-11am
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Visit us on
facebook

Personal Training



Karin Brown

Education:
B.A. Physical Education &
B.A. (Honors) Exercise Science

Certifications:
NASM—Certified Personal
Trainer
USA—Certified Swim Coach

Areas of Expertise:
General Conditioning
Strength Training
Weight Loss
Sport Specific Conditioning
& Training



John Cargill

Certifications:
NASM—Certified Personal
Trainer
NCSF—Certified Personal
Trainer
AFAA—Primary Group
Exercise Instructor

Areas of Expertise:
Endurance Conditioning
Strength Training
General Conditioning
Cycling



Jeremiah Johnson

Education:
Illinois State University,
B.S. Exercise Science

Certifications:
ACE—Certified Personal
Trainer
AFAA—Primary Group
Exercise Instructor
NSCA—Certified Strength and
Conditioning Specialist

Areas of Expertise:
Sports Specific Conditioning
Weight Loss Management
Body Building



Sam Stevens

Certifications:
ACE—Certified Personal
Trainer
AFAA—Primary Group
Exercise Instructor
SilverSneakers—Group
Exercise Instructor

Areas of Expertise:
General Conditioning
Sports Specific Conditioning
Weight Loss Management



Personal Training

Work with a Certified Personal Trainer who will design a program specifically to meet your needs and goals. We can help with weight loss, muscular and cardiovascular strength and endurance, sport specific training, body building, and/or overall improvement of health and well being!

INDIVIDUAL PERSONAL TRAINING	
1 SESSION:	\$42
3 SESSIONS:	\$110
6 SESSIONS:	\$189

BUDDY TRAINING	
1 SESSION:	\$37pp
3 SESSIONS:	\$95pp
6 SESSIONS:	\$158pp

FREE ASSESSMENT WITH PERSONAL TRAINING SESSION!

For more information, contact the Field House Sports & Fitness Center at 847-782-3300.



Field House Activities

OPEN GYM ACTIVITIES

Lunch Time Basketball & Volleyball

(All Ages) \$4/\$6 Youth or \$5/\$6 Adults

The Field House will continue with Lunch Time open gym. The facility will be open every day for gym activities. If you are not a fitness member you can pay the daily fee to participate in open gym during posted hours Call before you come: Gym Information Line 847-782-3300.

FH MO-FR Ongoing 10am -3pm Reg on-site

Evening Open Gym Basketball & Volleyball

(All Ages) \$4/\$6 Youth or \$5/\$6 Adults

The Field House will continue with the very popular evening open gym. The facility will have open gym running seven days a week. If you are not a fitness or gym member you can pay the daily fee and participate in open gym games during posted hours. Call before you come: Gym Information Line 782-3300.

FH MO-FR Ongoing 3pm -9pm Reg on-site

FH SA Ongoing 7am -9pm Reg on-site

FH SU Ongoing 7am -5pm Reg on-site

Open Batting/Golf Cage

No Fee for Members
\$5 Non-Members

Come in and take some swings before your baseball or golf season begins. The cages will be set up for member on Wednesday nights from 6-8pm. We have slow and fast pitch machines for softball and baseball.

FH WE Ongoing 6-8pm Reg on-site

FH SA* Ongoing 10-2pm Reg on-site

*Based on gym availability

CLIMBING WALL

Learn To Climb (8 -14 years)

\$30/\$36

The class is geared for children who want to learn more about climbing techniques. The techniques will allow the children to become better climbers. The class will meet one hour per week for four weeks.

FH MO 5/21-6/11 7-8pm Reg by 5/14 #8316

FH MO 7/9-7/30 7-8pm Reg by 7/1 #8324

Learn To Climb (15 years & older)

\$30/\$36

This class will be instructed by an experienced climber who will teach you how to become a better climber. The techniques taught will allow you to learn the in's and outs of climbing from techniques to route climbing. The class will meet on Monday nights for one hour per week.

FH MO 5/21-6/11 8-9pm Reg by 5/23 #8318

FH MO 7/9-7/30 8-9pm Reg by 7/9 #8325

PLEASE REMEMBER

Daily waiver sheet must be signed by all participants. Tennis shoes must be worn.

CLIMBING WALL RENTALS

For more information, please call 847-782-3300.

SIGNING UP FOR YOUR FITNESS CENTER MEMBERSHIP IS EASY!

JOIN TODAY!

All you need is a checking account or credit card, and your membership fee is drafted each month, with no additional service fees or charges. There is no annual contract or initiation fee, and your membership is continuous until you notify us in writing to end it. You can choose the option of paying for one full year.

THE FIELD HOUSE
SPORTS & FITNESS CENTER
AT HINKSTON PARK

CALL THE FIELD HOUSE AT 847-782-3300 FOR MORE INFORMATION!

Gym, Batting, & Golf Cage Rentals

All rentals are subject to availability

Court Rentals

\$65/hour

The Field House has six full-size basketball/volleyball courts all with hardwood floors. All six courts are together so you can rent multiple courts at once if you need more space. Courts can also be curtained off to give privacy if needed.

Cage Rentals

\$50/hour

Inside the gymnasium area, there will be two drop down cage tunnels that can be used for batting or practicing your golf swing. Batting cage rentals include a pitching machine, which can be used for softball/baseball and fast pitch/slow pitch options. Golf rentals will come with a mat to practice your swing and balls, which can be hit into a catch net.



Please come into The Field House to complete an application for court rentals.

Court Rentals: \$60/hour

Cage Rentals: \$50/hour