
WAUKEGAN PARK DISTRICT

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Take the GO HEALTHY Challenge!

Fall is around the corner and now is the time to get back into a consistent fitness routine.

The Field House Sports and Fitness Center has something for everyone and there is no better time than the present to step up a fitness plan a few notches by becoming a member. The Waukegan Park District is making it easy for those interested in joining by offering incentives from September 6th – October 16th. New members can choose from the options below.

- When signing up for an annual membership and paying by monthly installments, a new member will receive a \$25 Waukegan Park District gift card.
- When signing up for an annual membership and paying for the entire year, new members they will receive \$80 off or almost 2 months of membership free!

Individuals are urged to *Take the Go Healthy Challenge*, join the Fitness Center today, get in shape, and partner with the expert staff at the Field House Sports and Fitness Center to become more active and reach their fitness goals.

Field House Sports and Fitness Center membership offers amenities such as member only locker rooms, steam rooms, and saunas. Members can work out alone or select free group

fitness classes including Hatha Yoga, Pilates, Cycle, Turbo Kick and more! The 45 pieces of cardio equipment with built in TVs and the picturesque view of Hinkston Park make working out even more enjoyable. As an added benefit, during September and early October, the fitness center has scheduled various health and wellness screenings and programs to assist with member efforts to go healthy!

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 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.