

Field House Sports & Fitness Center

THE FACILITY

The Field House Sports and Fitness Center boasts over 80,000 square feet of the most modern, state-of-the-art amenities in the area. 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. You will find a large selection of Technogym selectorized equipment, Hammer Strength plate loaded machines, free weights, and other equipment to help you tighten and tone. The Technogym cardio equipment is located on the second floor and includes ellipticals, treadmills, upright bikes, and recumbent bikes. All Technogym cardio equipment is equipped with individual TV viewing screens with over 30 cable channels to choose from. Upstairs you will also see our Group Fitness Studio packed with bikes, bands, balls, mats and other equipment to help keep your interest during an engaging group fitness class.

Fitness Equipment

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



FITNESS CENTER MEMBERSHIPS

Try us for 30 days risk free

BEST VALUE!

Membership Rates No Enrollment Fee	Member Rate	Park District Resident Discounted Rate*
Individual	\$52/mo	\$45/mo
Plus One**	\$40/mo	\$30/mo
Student*** (14yr min.)	\$33/mo	\$28/mo

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

Member Benefits[†]

- 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
- No Enrollment Fee

† Restrictions may apply

Field House Sports and Fitness Center Hours

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, 9:30-11am, 2-3:30pm and 7:30-9pm

Open Gym

Monday-Friday: 5:30am-9pm
Saturday & Sunday: 7am-5pm*
Hours may vary based on special events and programs.
*Summer hours will be in effect 6/6-9/25

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 5pm-8pm, SA 10am-2pm.
\$5 Two Climbs/\$10 Two Hours
Participants must be five years old or weigh a minimum of 50 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

July 4 Independence Day Closed
Sept. 31 Labor Day Closed

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

The Field House Sports & Fitness Center will be closed for routine cleaning and maintenance during the week of 8/23-8/27.

THE
FIELD HOUSE

SPORTS & FITNESS CENTER

AT HINKSTON PARK

**Award
Winning**



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.

Birthday Parties at the Field House

(5-15 years old)

**Have your child's next birthday party at
The Field House Sports & Fitness Center!**

This three-hour special package includes:

- Climbing wall (1 hour), meeting room (1 hour)
- Open Gym (one court)- basketball, volleyball, dodgeball (1 hour)
- Meeting Room A and Kitchen- for presents, cake, etc (1 hour)
- Total Party Time is 3 hours. Evening/Weekend: \$185
Weekday 9:00am-5:00pm: \$160
- Fees include admission for up to 10 children, each additional child is \$12.
- Two adults per 10 children are included with price, additional adults are \$12 each.
- Extra hours of climbing, meeting room, Dance, Dance Revolution or open gym can be added for an additional fee. Batting cage can also be added.
- Call Travis Bakken at 847-782-3623 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 847-782-3621 and ask about the WorkFit Corporate Rate Program.

Group Fitness

GO FOR THE GOLD, SILVER OR BRONZE!

Fitness classes are open to members and nonmembers alike. Our Gold, Silver and Bronze classes offer variety and flexibility for diverse scheduling needs. All classes are free to members, but members must preregister for Gold classes. 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 on Memorial Day, May 31 and August 23-27.



BRONZE Classes

Bronze 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. Nonmembers may also attend Bronze classes by paying a **drop-in fee**, or purchasing a **Passport to Fitness**.

BRONZE Classes include:

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

Stability Ball Toning—Focusing on core improving exercises, stability ball toning will enable you to achieve better control of balance, stability, and core muscles. Weights and bands may be used as well. Challenge yourself by getting on the ball and getting into shape!

Park District Youth License Plate

Get Licensed to Support Illinois Youth!

The sale and subsequent renewals of each plate generate \$25 for the Power Play Grant Program, which funds youth programs in park and recreation agencies throughout Illinois. The goal of the Power Play program is to increase the number of opportunities designed to show youth the lifelong benefits of fitness, health and nutrition. See page 53 for more information.



Gold, Silver & Bronze Classes are now FREE with membership!

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.

Bronze and Silver R \$9 NR \$12
Gold R \$11 NR \$14

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

\$45/\$50

To redeem for class: Bronze & Silver=1 punch
Gold=2 punches

Passports are accepted on a first-come first-served basis. Please sign in at the front desk prior to attending class. Gold 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.

Group Fitness Gold Class Registration \$35/\$40

Five week summer sessions!

In the event of cancellation of a GOLD class, make-ups will be rescheduled. Please call the Field House front desk or ask instructor for make-up dates.

SILVER Classes

Silver classes are **FREE** to members. Nonmembers may participate by using the **Passport to Fitness** or by paying a **drop-in fee**. You must check in at front desk before attending.



SILVER Classes include:

Cardio Combo—You only need an hour in the gym with this cardio blasting, toning class! Start out with 30 minutes of high intensity cardio, followed by strengthening exercises that will slim you down and tone you up. Get ready to push yourself out of your comfort zone for some results you can see and feel. Only have 30 minutes? Join in for a half hour of strictly weights or strictly cardio.

Rev It Up!—This fat burning, metabolism revving workout incorporates toning exercises with high intensity cardio intervals. You won't waste your time here! You will get a cardiovascular and strength training workout in one class.

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

Group Fitness Schedule

MO	TU	WE	TH	FR	SA
	Boot Camp 6:15-7:15am Specialized Class		Boot Camp 6:15-7:15am Specialized Class		Group Cycle 8-8:55am SILVER
Rev It Up! 9-10am SILVER		Stability Ball Toning 9-10am BRONZE	Yogalates 9-10am GOLD	Cardio Combo 9-10am SILVER 	
		Butt & Gut 5:15-6pm BRONZE			Beginning Hatha Yoga 10-11:30am GOLD
Mat Pilates 6-7pm GOLD	Group Cycle 6-6:55pm SILVER		Turbo Kick 6-7pm GOLD 	Nonmember Options 5-Week Gold Class Registration \$35/\$40 Drop-in Registration (Bronze & Silver)* \$9/\$12 Drop-in Registration (Gold)* \$11/\$14 10-Punch Passport \$45/\$50 (Bronze & Silver=1 punch/Gold=2 punches) * Per class	
ZUMBA 7:15-8:00pm Specialized Class		Intermediate Hatha Yoga 7:15-8:30pm GOLD	ZUMBA 7:15-8:00pm Specialized Class		

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

GOLD Classes

Gold classes are **FREE** to members but require **preregistration**. In the event that a class does not fill to its maximum, registered drop-ins and Fitness Passports will be allowed on a first-come, first-served basis. Gold classes cost 2 passport punches. In the event of cancellation of a GOLD class, make-ups will be rescheduled. Please call Field House front desk or ask instructor for make-up dates.

Mat Pilates (14 years & older) \$35/\$40

All levels. Basic Pilates class 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!

FH MO 6/21-7/19 6-7pm Reg by 6/19 #8005

FH MO 7/26-8/23* 6-7pm Reg by 7/24 #8006

*August 23 class will be held in Belvidere Recreation Center Lounge

Beginning Hatha Yoga (14 years & older) \$35/\$40

Beginner Levels. 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!

FH SA 6/26-7/24 10-11:30am Reg by 6/24 #8108

FH SA 7/31-8/28 10-11:30am Reg by 7/30 #8109

Intermediate Hatha Yoga (14 yrs & older) \$35/\$40

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!

FH WE 6/23-7/21 7:15-8:30pm Reg by 6/21 #8110

FH WE 7/28-9/1 7:15-8:30pm Reg by 7/26 #8111

*No class 8/25

Yogalates (4 years & older) \$35/\$40

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!

FH TH 6/24-7/22 9-10am Reg by 6/22 #8113

FH TH 7/29-9/2* 9-10am Reg by 7/27 #8114

*No class 8/26

Turbo Kick (14 years & older) \$35/\$40

All levels. Cardio kickboxing to the max! This power packed class is high energy and great for burning calories and stress! Exercise using martial arts techniques to get an awesome workout! Cool down at the end of class with a quick toning workout to improve strength and power.

FH TH 6/24-7/22 6-7pm Reg by 6/22 #8115

FH TH 7/29-9/2* 6-7pm Reg by 7/27 #8116

*No class 8/26

Specialized Classes

The group fitness classes are great! The instructors have high energy and really focus on safety. I enjoy the workouts and am thrilled to see results in my strength and fitness.

—Christie Tipton

SPECIALIZED CONDITIONING

+ Boot Camp (14 years & older) \$35/\$40

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.

FH	TU	6/22-7/20	6:15-7:15am	Reg by 6/20	#8242
FH	TH	6/24-7/22	6:15-7:15am	Reg by 6/22	#8243
FH	TU	7/27-8/31	6:15-7:15am	Reg by 7/25	#8255
FH	TH	7/29-9/2	6:15-7:15am	Reg by 7/27	#8241

*No class 8/24 & 8/26

Team Sports Specific Conditioning (13 years & 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 847-782-3625 for pricing and availability.

ZUMBA (14 years & older) \$35/\$40

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 classes 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 will be accepted. See front desk for availability.

FH	MO	6/21-7/19	7:15-8pm	Reg by 6/19	#8007
FH	TH	6/24-7/22	7:15-8pm	Reg by 6/22	#8008
FH	MO	7/26-8/30*	7:15-8pm	Reg by 7/24	#8009
FH	TH	7/29-9/2*	7:15-8pm	Reg by 7/27	#8110

*No class 8/23 & 8/26

+ Nidra Yoga (14 years & older) \$35/\$40

This class is an ancient form of total relaxation. Nidra yoga works with traditional breathing and some various forms of meditation. It is like a power nap for your ever so busy, over stimulated, conscience mind. As you lie in a comfortable position, in a state of total resting your body can and will begin to release tension, stress and begin to heal your fatigue.

FH	SU	6/27-7/25	2-3pm	Reg by 6/25	#8208
FH	SU	8/1-8/29	2-3pm	Reg by 7/30	#8221

+ PERSONAL TRAINING

Fitness Assessment

\$12

Our professional staff will record your height, weight, heart rate, blood pressure, body composition, test your flexibility, and assess your cardiovascular and muscular strength and endurance. This evaluation provides you an opportunity to view your fitness level, and get a thorough explanation from a trained professional. These results are a baseline for measuring progress over a period of time. **Sign up for Personal Training and receive a FREE assessment!**

Personal Training

Need motivation? Instruction? Your own personal exercise program? We've got all of these and more! Work with a Certified Personal Trainer who will design a program specifically to meet your needs and goals. We can help you with weight loss, flexibility, muscular and cardiovascular strength and endurance, sport specific training, body building, and/or overall improved fitness, health, and well-being! You will learn the safest and most effective ways to exercise and use the equipment.

Personal Training Individual:

Receive one-on-one instruction from your personal trainer.

1 session:	\$42
3 sessions:	\$110
6 sessions:	\$189

Personal Training Buddy Training:

Team up with a friend, spouse, or teen (14 or over) to save money and share a personal training session.

1 session:	\$37/person
3 sessions:	\$95/person
6 sessions:	\$158/person

Each session will last approximately one hour. Please stop by the Field House Sports and Fitness Center Front Desk to fill out a Personal Trainer Request Form. Fitness Staff will then match you up with a Personal Trainer based on your preferences, availability, and needs. Personal Training packages may be purchased at the Field House Front Desk (Non-members must pay Daily Fee in addition to personal training rates).



Field House Activities

OPEN GYM

Lunchtime Basketball & Volleyball

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

The Field House will continue with Lunchtime 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 of \$4/\$5 for residents or \$6 for non-residents. Call before you come...Gym Information Line 847-782-3300.

FH MO-FR Daily 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 of \$4/\$5 for residents or \$6 for non-residents and participate in open gym games during posted hours. Call before you come...

Gym Information Line 847-782-3300.

FH MO-FR 3pm -9pm Reg on-site
FH SA 7am -9pm Reg on-site
FH SU 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 6-8pm Reg on-site
FH SA* 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 4 weeks.

FH MO 5/24-6/14 7-8pm Reg by 5/23 #8316
FH MO 7/12-8/2 7-8pm Reg by 7/9 #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 out's of climbing from techniques to route climbing. The class will meet on Monday nights for one hour per week.

FH MO 5/24-6/14 8-9pm Reg by 5/23 #8318
FH MO 7/12-8/2 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.

What do I think of the Silver Sneakers Program?

It is a Godsend to me and my back & knees. Keeps me limber. Sam, our great Trainer, is also making sure we are aware of our posture at all times. I'm standing taller (haven't lost an inch yet) and notice that my breathing has improved. Starting to open my own jars again instead of looking for help to do so.

I've told anyone who will listen that Silver Sneakers is a great program and they should at least try it.

Dorothy Murphy



Healthways

SilverSneakers®

Fitness Program

Now offered at
Waukegan Park District's
Field House
Sports & Fitness Center

Free fitness center membership and special classes for eligible persons ages 55 and up. Check with your health insurance provider to determine if you are eligible for the SilverSneakers program.

THE
FIELD HOUSE

SPORTS & FITNESS CENTER

AT HINKSTON PARK

CALL 847-782-3300 OR VISIT WWW.WAUKEGANPARKS.ORG