

# WAUKEGAN **P**ARK DISTRICT

## **PRESS RELEASE**

### **Commit To Be Fit at the Field House Sports And Fitness Center!**

**Waukegan, IL (January 6, 2016)** The Waukegan Park District Field House Sports and Fitness Center can help you meet your fitness goals in the new year. We even reward success-earn a free month by either losing ten pounds in your first 60 days or visiting the fitness center 24 times within sixty days, which is about three times a week. Make your 2016 New Year's resolution to become healthier a reality! Join the Fitness Center and let us help you get on track, develop a consistent routine and improve your health and fitness.

The Field House Sports and Fitness Center has many programs and services to assist you in reaching your goals. Experience 50 pieces of Technogym cardio equipment, each equipped with cable TV and personal monitors, 17 stations of selectorized equipment, 19 stations of plate loaded machines, free weights, members only locker, steam and sauna rooms, the 1/7 mile indoor track, the three story climbing wall, six indoor sports courts for basketball, volleyball and more. Fitness classes are scheduled throughout the day. Can't make it to a live fitness class, check out "Fitness on Demand," a medley of virtual fitness classes. Gold Members can exercise in the fitness studio using their favorite video class anytime live classes are not in session. Additional services include personal trainers and an onsite child center for members.

For more information, please call the Field House Sports and Fitness Center at 847-782-3300 or visit [www.waukeganparks.org](http://www.waukeganparks.org).

### **About the Waukegan Park District**

Established on December 26, 1916, the district has 48 sites and more than 725 acres of land, including the 18-hole Bonnie Brook and 9-hole Greenshire Golf Courses. Properties are managed to the highest environmental and conservation standards. Facilities operated by the district include 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, disc golf course, dog exercise area and agility course, outdoor sports fields, picnic areas, playgrounds, and sports courts including basketball, tennis and pickleball. A full range of programs and services are offered year round for all ages, from infants to seniors as well as special needs populations. Healthy lifestyles, wellness initiatives, and a connection with the outdoors and nature are integrated throughout programs, services, and special events. Cultural events are provided by the Waukegan Symphony Orchestra and Concert Chorus, the Bowen Park Theatre Company, and the Waukegan History Museum. There is something for everyone! The award-winning District employs 59 full-time 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 national accreditation from the NRPA Commission for Accreditation of Park and Recreation Agencies (CAPRA), the Illinois Association of Park District (IAPD) Distinguished Agency accreditation and the Park District Risk Management Agency (PDRMA) accreditation and sustains a Level A Loss Control Program. The district was a NRPA Gold Medal Finalist in 2012 and 2013, and awarded the NRPA National Gold Medal Award for Excellence in Park and Recreation Management in 2013.

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