

Fitness & Wellness



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 floor gymnasium, 1/7 of a mile indoor track, 14,000 square foot fitness center, batting/golf cages, 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

Summer Student Passes
Three Months For \$99
 Silver Benefits (Excludes PT session)
 ON SALE NOW! Ends 6/30/16

MEMBERSHIP RATES

Pick a fitness plan that suits YOUR needs! No Contract or Enrollment Fees

BRONZE MEMBERSHIP

Unlimited use of:

- 2 Story Fitness Center with a Wide Variety of Cardio and Strength Equipment
- Six Basketball/Volleyball Courts
- Batting Cages
- Climbing Wall
- Indoor Track
- Members Only Locker Rooms
- Sauna and Steam Room

OPTION	RES	NR
Individual	\$29	\$33
Plus One (14 & up)	\$20	\$23
Plus Child (under 14)	\$10	\$11
Family of 4+	\$69	\$78

Monthly memberships are paid on a monthly basis through the member's credit card, checking, or savings account. Memberships are continuous until the member cancels in writing, giving 30 days notice prior to the cancellation date.

SILVER MEMBERSHIP

All Bronze Benefits PLUS:

- Free Silver Fitness Classes
- Child Center Services
- One Free Personal Training Session

OPTION	RES	NR
Individual	\$35	\$40
Plus One (14 & up)	\$25	\$29
Plus Child (under 14)	\$12	\$14
Family of 4+	\$84	\$97

GOLD MEMBERSHIP

All Silver & Bronze Benefits PLUS:

- Free Gold Fitness Classes such as Zumba and Boot Camp (excludes sports conditioning and supplemental classes)
- Summer Swimming Pass for Ganster Pool
- Fitness On Demand

OPTION	RES	NR
Individual	\$45	\$52
Plus One (14 & up)	\$28	\$32
Plus Child (under 14)	\$13	\$15
Family of 4+	\$99	\$114

Pay in Full for One Year, and Receive 10% OFF!

See Field House front desk staff for details. • Platinum Classes have fees.

Field House Sports and Fitness Center Hours and Fees

Building Hours

Monday-Friday: 5am-9pm
 Saturday-Sunday: September-May: 7am-7pm
 June-August: 7am-5pm

Special Hours

May 30 Memorial Day Closed
 July 4 Independence Day Closed
 Sept. 5 Labor Day Closed

Fitness Center

Hours are the same as building hours above. Unlimited use of Fitness Center is included in membership.

Daily Fitness Center Fees: \$9 resident/\$12 nonresident

Climbing Wall

Hours for Open Climbing: MO 4-7pm, WE 4-7pm, SA 10am-2pm
 Unlimited use of climbing wall during open climb hours is included in membership.

Climbing Fees: \$5 per visit

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

Open Gym

Hours are the same as building hours above, but may vary based on special events and programs. Please call 847-782-3300 for weekend hours. Unlimited use of the gym is included in memberships.

Daily Open Gym Fees

Youth 18 and under \$4 resident/\$6 nonresident
 Adults 19+ \$10 resident/\$10 nonresident

Open Gym Only Passes

One-Month Pass

Youth 18 and under \$25 resident/\$30 nonresident
 Adults 19+ \$30 resident/\$35 nonresident

Three-Month Pass

Youth 18 and under \$60 resident/\$70 nonresident
 Adults 19+ \$70 resident/\$80 nonresident

Indoor Track

Hours are the same as building hours. Unlimited use of the Indoor Track is included in membership.

Daily Indoor Track Only Pass \$3 resident/\$4 nonresident

Monthly Indoor Track Only Pass \$20 resident/\$25 nonresident

Resident Free Indoor Track Times: MO-FR, 9-11am, 2-4pm and 7:30-9pm
 SA & SU, 7-10am

The Field House Sports & Fitness Center will be closed for annual cleaning and maintenance 9/2-9/5 and will reopen 9/6.

The basketball gymnasium will be closed 9/2-9/12.

Meet Our Personal Trainers



Jeremiah Johnson

MO-FR After 9am
Weekends by appointment

Education:

B.S. Exercise Science

Certifications:

ACE-Certified Personal Trainer
AFAA-Primary Group
Exercise Instructor
NSCA-Certified Strength and
Conditioning Specialist

Areas of Expertise:

Sport-Specific Conditioning
Weight Loss Management
Body Building



Margaret Jackson-Brown

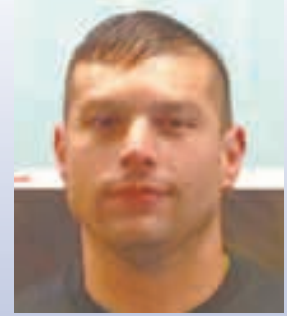
MO-FR 5am-4pm

Certifications:

AFAA- Certifield Personal Trainers
AFAA- Primary Group Exercise
Instructor
Keiser M3 Indoor Cycle
NETA Pilates Mat Specialty
SilverSneaker

Areas of Expertise:

Core & General Conditioning
Strength Training
Weight Loss
High Intensity Interval Training



John Castillo

MO-FR After 4pm
Weekends by appointment

Certifications:

AFAA-Certified Personal Trainer
MFT- Army Master Fitness Trainer

Bios

MMA/Self Defense Training
for the Troops

Areas of Expertise:

Strength Training
Group Training
Weight Loss
High Intensity Training
Combative/Boxing Style Cardio

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!



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



INDIVIDUAL PERSONAL TRAINING

ONE HOUR

1 SESSION: \$45
3 SESSIONS: \$115
6 SESSIONS: \$199

BUDDY TRAINING

ONE HOUR

1 SESSION: \$37pp
3 SESSIONS: \$95pp
6 SESSIONS: \$159pp

INDIVIDUAL PERSONAL TRAINING

30 MINUTES

4 SESSIONS: \$100
8 SESSIONS: \$160
12 SESSIONS: \$220

BUDDY TRAINING

45 MINUTES

4 SESSIONS: \$85
8 SESSIONS: \$140
12 SESSIONS: \$189

HIGH INTENSITY SMALL GROUP TRAINING

Times vary depending on groups
30 MINUTES
\$10pp with a minimum of four people

This new program features high intensity exercises implementing sled pulls and pushes, tire flips, kettlebells, running, jumping, squatting, pressing, lunging, lifting and sweating! This workout will leave you breathless, but the result will be a stronger, slimmer and fitter YOU! For more information, or if you have four or more people and want to arrange a time that is not listed, call Lamar at 847-782-3624.

Group Fitness

Fitness classes are open to members and non-members. *Silver* and *Gold* members receive FREE Silver classes. *Gold* members also receive FREE Gold classes. These classes offer variety and flexibility for diverse scheduling needs. Please note that classes are subject to cancellation based upon enrollment and holiday hours.

Please stop by the Field House Sports and Fitness Center in Hinkston Park or go to www.waukeganparks.org to check out the latest group fitness schedule. You do not have to be a member of the Fitness Center to benefit from the great programs we offer!



NONMEMBER FEE STRUCTURE

Drop-in to Group Fitness

Don't want to commit to just one class? Drop in to pick and choose which class you would like to attend that day. Drop-ins are for Silver Classes and Gold Classes only.

Silver/Gold Classes Member/Resident \$9 Nonresident \$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 ten visits and is good for up to 6 months from the date of purchase. Passports cannot be used for a daily Fitness Center visit and are for **Silver and Gold Classes only**.

10 Visit Passport	Resident \$50	Nonresident \$60
To redeem for class:	Silver and Gold Classes=1 punch	SilverSneakers=1 punch

*Passports are accepted on a first-come, first-served basis. Please check in at the front desk prior to attending class. Fitness drop-ins and passports may only be used if the class does not meet the maximum number of registered participants. **No Passport drop-ins for Fitness on Demand.***



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.

SILVER CLASSES

Silver classes are **FREE** to **Silver** and **Gold** members with limited availability. To secure your spot, please sign up at the front desk the day of the class prior to attending. Nonmembers and Bronze members may also attend Silver Classes by paying a **drop-in** fee or purchasing a **Passport to Fitness**. Basic Classes include:

Six Pack Abs

All levels. Think you've got what it takes? Join us for a tightening and toning workout. Work your abdominals, obliques and lower back in this 30 minute absolute core attack. We'll help you succeed in your desire of core definition; a variety of abdominal exercises on the floor, on a stability ball or with other exercise equipment will be used.

Bunz n Gunz

All levels. Work and tighten those glutes, arms and abs! This class uses resistance and isometric type exercises to target and define those hard to reach places.

Butt n Gut

All levels. Uses squats, lunges and many floor based exercises to tighten and strengthen your glutes, thighs and core. This 30 minute, fast-paced workout will get you sweating in no time and give you results in all of the right places!

Arms n Back

All levels. This high intensity class will sculpt your arms, back and shoulders with dumbbell, barbell and body weight exercises. The exercises are laid out in such a form that gives you minimal rest and maximum results!

Group Cycle

All levels. Ready to take indoor cycle to the next level? This 45 minute indoor stationary cycling class incorporates hill climbs, sprints, jumps and high intensity drills that will push you to your limit while working in different heart rate zones. Get your cycle session in while experiencing an excellent cardio routine. Expose your inner athlete here!

Total Body Conditioning

All levels. An entire class of total body conditioning will help you get your sweat on and keep your body guessing. This class will burn fat, tone your body and increase your metabolism. You will get a cardiovascular and strength training workout in one class! There is no wasting time here!

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!

Basic/Fundamentals Yoga

Beginner. This is a foundational class to give students of all levels an opportunity to learn or brush up on the fundamental poses of yoga. This class introduces breathing techniques and emphasizes proper alignment. It promotes balance, flexibility and body awareness.

Hatha Vinyasa Yoga (Seasonal)

Advanced. Hatha flow is a style that has a vinyasa flow with music but will also incorporate static poses and several breaths allowing the body to open and experience each asana. Appropriate for more advanced students or people who have been doing yoga for over six months.

Gentle Yoga

Beginner. This is a gentle, therapeutic style of yoga perfect for people recovering from back or other injuries (Please bring a doctor's note if recent). This class moves slowly and is designed to focus on specific areas of the body. You will increase relaxation and revitalize your energy while increasing your mental and physical health. This class is appropriate for beginners, but ALL LEVELS will enjoy the gentle basics.

Interval, Cardio, Upper-body Attack

All levels. This class focuses on upper body strength training and interval training for an intense cardio workout!

GROUP FITNESS SCHEDULE

SU	MO	TU	WE	TH	FR	SA
Sunday Sunrise 7:15-8:15am	Boot Camp 5:45-6:30am	Body Fat Blast 5-6am	Boot Camp 5:45-6:30am	Body Fat Blast 5-6am	Body Fat Blast 5-6am	Zumba 8:30-9:30am
Keep Calm & Stretch 8:15-9:15am	Total Body Conditioning 9-10am	Gentle Yoga 8:15-9:30am 	Interval, Cardio Attack 9-9:45am	Butt n Gut 9:30-10am	Boot Camp 5:45-6:30am	Basic Yoga 9:45-11am
AM	SilverSneakers 10:15-11am	Arms n Back 10-10:30am	SilverSneakers 10:-10:45am		Pilates Strength 9-10am SilverSneakers 10:15-11am	Hatha Vinyasa Yoga 11:15am-12:30pm
PM	Six Pack Abs 5:15-5:45pm	Group Cycle 5:15-6pm	Cardio Kickboxing 5:30-6:15pm	Bunz n Gunz 5:15-6pm	S.C.O.R.E 5:15-6:15pm	Kid Fitness & Fun 12-1pm
	Mat Pilates 6-7pm 	Group Cycle 6:15-7pm	Intermediate Hatha Yoga 6:30-7:30pm	Group Cycle 6:15-7pm	Kickboxing Club 7-8:30pm	
Silver Gold Platinum	Zumba 7:15-8pm	Kickboxing Club 7:10-8:05pm	Zumba 7:45-8:30pm	Yoga @ JBC 7-8:15pm Zumba 7:15-8pm	Nonmember Options	
	Kickboxing Club 8:15-9:15pm	Body Fat Blast 8:15-9:15pm		Body Fat Blast 8:15-9:15pm	7-Week Registration \$51/\$56 Drop-in Registration \$9/\$12 10-Punch Passport \$50/\$60 (Class=1 punch) <i>Drop-in/Passport for Silver Classes Only</i>	

Schedule subject to change without notice. All classes are open to ages 14 and up. Please preregister for [Platinum Classes](#).

Purchase passports and drop-ins at Field House Front Desk. [Platinum Classes](#) have an additional fee to participate.

Pilates Strength

All levels. Start your day off right by relaxing and strengthening your body for the day ahead. This class combines the calorie workout you need along with the deep muscle stretching afterwards, it's the best of both in one class setting. Charge yourself for the stressful day to come!

Gold & Platinum Classes

All members and non-members must pay for Platinum Classes.

SilverSneakers™

Age 65+

This class is pioneered for adults ages 65 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-SilverSneakers members may pay the drop-in fee or purchase Passport to Fitness.

FH **MO/WE/FR 10:15-11am** **Reg ongoing** **-1A**



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.



Child Center Service

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 children must be potty trained. All Bronze and nonmember payments for the Child Center must be made at the front desk and the receipt will serve as admittance to check-in.

Hours of Operation

MO-TH: 6-8:30pm TH: 9-11am SA: 8:30-11:30am

Fees

- FREE for children of Silver and Gold Fitness Center members.
- Bronze member and nonmember daily fee: \$5 for the first child and \$3 for each additional child in the same family.

Group Fitness

GOLD CLASSES

Gold classes are **FREE** to **Gold** members with limited availability. To secure your spot, please check-in at the front desk before class. Please note that classes are subject to cancellation based upon enrollment and holiday hours. *No drop-ins for Fitness on Demand classes.*

Zumba ★

Age 14+

All levels. This class combines Latin American, international music and dance to create one great class that's both fun and an easy way to lose weight. Come learn how to 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

Boot Camp ★

Age 14+

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.

Cardio Kickboxing ★

Age 14+

Join us for the best fitness workout of your life. Whether you are a beginner or experienced, work with our trainers to get you in the best shape possible. Burn up to 600 calories a session; this class will push you physically and mentally to be your best while burning fat, building lean muscle, and increasing cardio endurance.

Fitness on Demand ★

Age 14+

Enjoy many different fitness classes all day! Even during non-peak times, the Field House can now offer virtual fitness classes. Visit our website at www.waukeganparks.org for an updated schedule. **Fitness on Demand is a GOLD Member only benefit.**

★ Programs are free with a Gold Level Membership



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.



Women's Weight Loss Program

Waukegan Park District and Synergized Coaching invites you to take the 180 in 180 Days Weight Loss Challenge, a comprehensive exercise program designed to help you lose up to 50 lbs. in 6 months! You DO NOT have to be a member of The Field House and you DO NOT have to sign a contract. You DO have to register as soon as possible, as space is limited. All ages (14+) and fitness levels are encouraged to join.

The winning participant will receive three free in-gym or in-home personal training sessions with Kaneicia Brown, a NASM certified personal trainer, former women's blue-chip semi-pro basketball player, nutrition and yoga enthusiast. Come to a free information session to learn more. Are you up for the challenge?

Sign Up Today!

THE
FIELD HOUSE

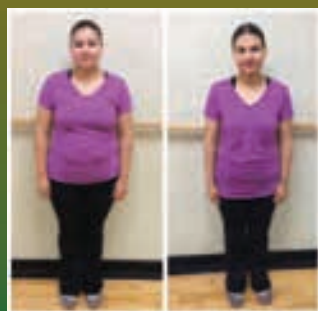
SPORTS & FITNESS CENTER

AT HINKSTON PARK

Call 847-782-3300 or visit www.waukeganparks.org



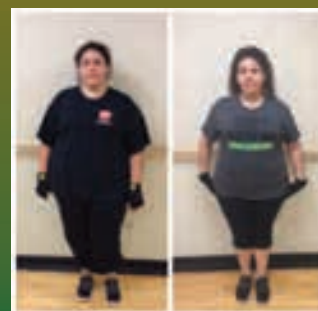
Winner: Astra D.
Pounds Lost - 46
Body Fat Lost - 22.5%



Runner-Up: Rebecca T.
Pounds Lost - 44
Body Fat Lost - 23%



Runner-Up: Jelisa D.
Pounds Lost - 45
Body Fat Lost - 19%



Runner-Up: Norma R.
Pounds Lost - 54
Body Fat Lost - 13%

PLATINUM CLASSES

Platinum classes are strictly **fee based** and are designed to complement Silver and Gold classes with additional classes and times. Platinum classes are available to everyone with limited availability. To secure your spot, please pre-register online or at the front desk before the register by date.

S.C.O.R.E – Self-Defense Fitness #30203306 Age 14+

S.C.O.R.E. training combines self-defense and fitness training in one class! You will work at a high level of fitness while instilling practical and proven self-defense concepts. S.C.O.R.E. stands for Survive, Counter, Offensive Response and Escape – and will be taught by Dwight Davis, a police sergeant and ISSA personal trainer who has studied martial arts for more than 25 years and taught police tactics and self-defense for over 15 years. This self-defense fitness class addresses current real-world violence while incorporating an intense workout. If you want to get in shape and improve your personal safety, then S.C.O.R.E. self-defense fitness is for you.

FH FR 7/15-8/26 5:45-6:45pm Reg by 7/8 \$51/\$56 -1A

Gerry Cook's Kickboxing Club #10203310 Age 14+

Burn up to 900 calories in just one hour while becoming stronger, more flexible and increasing speed of movement. Class will warm up through stretching, slow motion exercise and then move into an intense workout. Learn meditation and how to protect yourself in this Kickboxing Club! Participants may come to one, two or all three classes per week. It is encouraged to attend at least twice per week to gain the most benefit.

Class days and times will be determined. Check waukeganparks.org for updates!

A New You in 90 #30203311 Age 14+

This program's aim is to help you create new diet and exercise habits in 90 days! Classes will be taught by Kaneicia Brown, a NASM certified personal trainer and athletic coach. Each class will cover all the hottest trends in fitness, ranging from Tabatha, HIIT, circuit and bodyweight training. What are you waiting for? Sign up to create a new you today! A two-hour orientation will be held on Thursday, July 7th at 6:00 PM. During orientation you will view a presentation, receive an orientation packet, fill out a health questionnaire, have body measurements taken, and take "before" pictures. After orientation you will have the opportunity to sign up for nutritional coaching.

FH TU/TH 7/12-9/29 5+6am Reg by 7/1 \$165/\$180 -1A

FH TU/TH 7/12-9/29 5:30-6:30pm Reg by 7/1 \$165/\$180 -2A



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 847-782-3625 and ask about how to get a group discount for your business.

Yoga #30604310

Adult

Jacquelyn Cotey is a certified yoga instructor who will guide students in a program that is a combination of Eastern tradition-Hatha Yoga and contemporary western exercise physiology. It is designed to offer a relaxing environment and instruction will help you meet the demands of your busy lifestyle and your changing needs. Please wear loose, comfortable clothing and bring along a yoga mat and a pillow to each class.

JBC TH 7/14-9/1* 7-8:15pm Reg by 7/7 \$80/\$90 -1A
*No class 8/11

Parents' Night Out

Parents' Night Out #30304205 Age 3-14

Make it a date night! Parents' Night Out is a wonderful opportunity for parents to get away for the evening. Drop your child off at the Field House where they will be able to participate in open play in the gym, watch a movie and engage in activities and crafts. Children six years and older can also enjoy the rock climbing wall. Preregistration is required and space is limited. Please sign up for your night on the town today! Children must be potty trained. Free for members and \$10 for nonmembers.

FH FR 6/3 5:30-9pm Reg by 5/31 FREE/\$10 -1A
FH FR 7/8 5:30-9pm Reg by 7/5 FREE/\$10 -2A

FREE!

WAUKEGAN PARK DISTRICT

Yoga & Zumba OUTDOORS

Waukegan Municipal Beach Bandshell

Yoga (8-9a) and Zumba (9:15-10:05) –
June 11, July 9 & August 13

Yoga Only (8-9a) – June 25; July 23 & August 27

Tai-Chi (10:15-11:15a) – Saturdays, June - August

Check in on-site. A limited number of yoga mats will be available.

For more information, call Sam at 847-782-3621.



IN PARTNERSHIP WITH THE CITY OF WAUKEGAN

Youth Fitness

Kid Fitness and Fun! #30204203

Age 7-13

This fun new program will be an hour that kids can come out to the Field House and be active while learning the building blocks of fitness without feeling like they're "working" out. The class is designed to be outside for 20 minutes of activity/game play followed by 20 minutes in the fitness center learning the proper exercises to strengthen and stretch their young muscles and gym etiquette, then finish with 20 minutes in the gym or back outside (weather permitting) for more games or further conditioning.

FH	TH	6/23-7/14	5:30-6:30pm	Reg by 6/17	\$28/\$33	-1A
FH	SA	6/25-7/16	12-1pm	Reg by 6/17	\$28/\$33	-1B
FH	TH	7/28-8/18	5:30-6:30pm	Reg by 7/22	\$28/\$33	-2A
FH	SA	7/30-8/20	12-1pm	Reg by 7/22	\$28/\$33	-2B

All rentals are subject to availability

Court Rentals

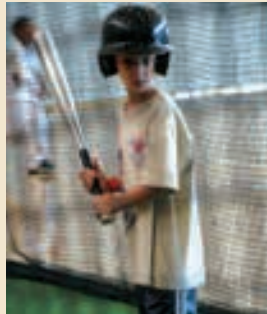
\$60/hour

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 provide privacy if needed.

Cage Rentals

\$50/hour

Inside the gymnasium area, there are 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.



ELITE ATHLETE TRAINING

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.

Age 13+

THE FIELD HOUSE
SPORTS & FITNESS CENTER
AT HINKSTON PARK

FREE

THE FIELD HOUSE Running Club

Wednesdays at 6pm
Saturdays at 8am

- For all running levels—beginner to marathon
- Earn incentive awards—t-shirts, socks, water bottles
- Challenge yourself
- Meet new people and socialize
- Train for a 5K, 10K, half marathon or more!
- New Meeting Location: The Field House Front Lobby

WE NEED YOUR SUPPORT!

Sponsors are needed for:

- American Independence Festivities
- Touch A Truck
- Worldwide Day of Play
- George Bridges 5K Run

To find out about these opportunities, please call Jennifer at 847-360-4705 or e-mail jdumas@waukeganparks.org



The Field House Sports and Fitness Center at Hinkston Park
800 Baldwin Avenue | Waukegan, Illinois 60085 | www.waukeganparks.org
Call 847-782-3628 or e-mail smcdonald@waukeganparks.org for more information



NEW! Kids Rock #30317201

Age 6-14

Come learn techniques and strategies about the rock wall and engage in different rock wall activities. Preregistration is required and space is limited. All skill levels are welcome.

FH SA 6/11-7/9 9-10am Reg by 6/6 \$20/\$25 -1A

Open Batting/Golf Cage

All Ages

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

FH WE Daily 6-8pm Free Members/\$5 Nonmembers

Climbing Wall

Open Climb \$5 per visit (Free to Members)

Open Climb Hours: MO & WE: 4-7pm
SA: 10am-2pm

Please Remember

Daily waiver sheet must be signed by all participants. Tennis shoes must be worn. Participants must be five years or older and weigh a minimum of 70 lbs. to use the Auto Belay System.

Climbing Wall Rentals

For more information, please call 847-782-3628.

A Program For Members

THE FIELD HOUSE
SPORTS & FITNESS CENTER
AT HINKSTON PARK

The Mile Club



WALK



JOG



RUN

GET REWARDED EACH MONTH!

Record your mileage, date and time. Prizes awarded monthly for the most laps and to a random winner for participation.

Age Divisions

- Age 11-29
- Age 30-55
- Age 55+

I'M IN THE:

- 25 MILE CLUB
- 50 MILE CLUB
- 75 MILE CLUB
- 100 MILE CLUB



The Field House Sports and Fitness Center at Hinkston Park
800 Baldwin Avenue | Waukegan, Illinois 60085 | www.waukeganparks.org
Call 847-782-3628 or e-mail smcdonald@waukeganparks.org for more information

Have Your Birthday Party

At The Field House Sports & Fitness Center

Three-Hour Special Package Includes:

- One hour at the climbing wall
- One hour in the gym
- One hour in the meeting room
- Admission for ten children (\$12 each additional child)
- Admission for two adults per ten children (\$12 per additional adult)

Party Rates:
Evening/Weekend: \$185
Weekday 9am-5pm: \$160



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. Jimano's Pizzeria package available on request. For more information, contact Shelby McDonald at 847-782-3628

THE FIELD HOUSE
SPORTS & FITNESS CENTER
AT HINKSTON PARK