

CO-Ed Fitness Center

The co-ed Fitness Center is equipped with Cybex/Bodymaster strength equipment, Apex five station cable crossover strength equipment, free weights, smith machine, x-trainers, treadmills, stair climbers and recumbent bicycles! We know we have the equipment you need for the perfect workout. All fitness members are required to participate in a fitness orientation. Orientations are done on an appointment basis after a facility pass is purchased and proper attire must be worn. You must be 16 years of age to enter the Fitness Center. Fourteen and fifteen year olds can join the Fitness Center, but they must be accompanied by another member 18 years or older. For your convenience, the Fitness Center is staffed during all hours of operation. **Note:** All upgrades from a 3 month membership to a yearly **MUST** be done within two weeks of expiration.

Free Blood Pressure Screening

Free Blood Pressure screenings offered by Ingall's Health System on Wednesday's from 8-10 am

March 17
May 19
July 21
September 15
November 17

**feel
well.**

For additional information, please contact our Main Office at 708-389-1003.



Membership Type	Individual (16 & up)	Additional Family Member	Full-Time Student (18-22) with proof of 12 credit hours	HS/Teen (14-15) with current member 18 years or older with ID	Senior (55 & up)	Senior add On (55 & up)	Corporate (Alsip Business Only up to 30 people)
Annual	R\$160 NR\$283	R\$138 NR\$263	R\$138 NR\$263	R\$138 NR\$263	R\$90 NR\$200	R\$90 NR\$200	R\$190 per person
Daily	R\$8 NR\$12	R\$8 NR\$12	R\$8 NR\$12	R\$8 NR\$12	R\$8 NR\$12	R\$8 NR\$12	N/A
Monthly	R\$25 NR\$35	R\$25 NR\$35	R\$25 NR\$35	R\$25 NR\$35	R\$20 NR\$30	R\$20 NR\$30	N/A
3 Month	R\$63 NR\$93	R\$63 NR\$93	R\$63 NR\$93	R\$63 NR\$93	R\$55 NR\$65	R\$55 NR\$65	N/A
Upgrade to annual with 3 month purchase	R\$103 NR\$199	R\$85 NR\$180	R\$85 NR\$180	R\$85 NR\$180	R\$45 NR\$145	R\$45 NR\$145	N/A



Fitness Center Spring Hours Of Operation

(Effective March 15, 2010)

Day	Hours
Monday-Friday	6:00 am-10:00 pm
Saturday	8:00 am-6:00 pm
Sunday	8:00 am-5:00 pm

Member Appreciation Days

The Alsip Park District would like to thank all of our Fitness/Women Circuit Center members by having a "Member Appreciation Day". Please mark your calendars for the above dates and come join us for some cool give a-ways. This event will be located by the Fitness Center and the Women's Circuit Center. This is just a little way to say Thank-You for keeping us company on the days you visit.

Monday, April 5
Monday, June 14
Tuesday, August 17
Thursday, October 28
Wednesday, December 8

Make sure to stop in and see what we have to offer!

Fitness Center/Women's Circuit Center Punch Card

NEW

Not sure if you are ready to commit! Come give us a try. Our NEW Fitness Center/Women's Circuit Center Punch Card provides five visits for one year from the date of purchase. Fees are \$15 for residents and \$18 for non-residents.

Women's Circuit Center

Our Women's Circuit Center is equipped with women friendly Body Master Strength equipment, Life Fitness treadmills, Elliptical, Life Cycle bicycles, Stairmasters, Graviton and Trampoline. There are a total of 20 stations that alternate between strength and cardio. A mandatory orientation is required and must be done by appointment only. You must come dressed in workout attire for your orientation. Don't forget to bring a towel. This is a great way to get in shape or stay in shape. We know you're going to enjoy it.

Women's Circuit Center Fees (Monthly)

Resident	\$25
Non-resident	\$35
Senior Resident	\$20
Senior Non-Resident	\$30

Women's Circuit Center

	3 Month	1 Year
Resident	\$54	\$185
Non-resident	\$78	\$275
Senior Resident	\$40	\$90
Senior-Non-resident	\$64	\$200
Corporate Members	\$NA	\$185

(Alsip Businesses Only! Not to exceed 30. Fee is a per person rate)

Daily Guest Rate.....	R\$5/NR\$8
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Women's Circuit Center Spring Hours of Operation

(Effective March 15, 2010)

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Babysitting
available
See page 15
for details.

Free
Orientation with purchase
of facility pass

Personal Training
available for members!
See page 10 for details.

Free Blood Pressure Screening

Free Blood Pressure screenings offered by Ingall's Health System on Wednesday's from 8-10 am

- March 17
- May 19
- July 21
- September 15
- November 17

For additional information, please contact our Main Office at 708-389-1003

Fitness Programs

Seated Chair or Therapeutic Massage

This massage will leave you invigorated, de-stressed and happy! It will relieve stress and tension from the head, neck shoulders, back and arms. No need to disrobe. Treat yourself or a loved one to a session. **Note:** Your money will not be refunded if you cancel with less than 24 hours notice of your appointment. A message may be left at "after hours" by calling 389-1003 ext. 325

Activity: 366533-A
 Instructor: Claudia Kaczmark
 Location: ARC
 Day/Date: Appointment will be scheduled by massage therapist
 Time: 60, 90, 120 min. appointments available
 Age: Adult
 Fee: \$60-\$120

Fitness Crazy Card

Not sure what class best suits you? Try five of our fitness classes to see which one is right for you. A card holder may attend any of our aerobic classes while discovering how enjoyable getting fit really is! The instructor will validate your card. This is great if you have a changing schedule. This card is not valid for Aqua Aerobics or any type of Yoga classes. This card is not transferable.

Activity: 366504-A
 Location: ARC/Aerobic Rooms
 Day: Monday-Saturday
 Card expires: 6/12/10
 Time: Varies (please consult the spring brochure)
 Age: Teen/Adult
 Fee: R\$20/NR\$30

Free Walking Club

Spring is finally here! So get your walking shoes on and join us as we walk the walk! This club is designed for changing schedules. Participants can attend when their schedule permits. This is a great way to socialize and exercise all at one time. Children are welcome but please bring a stroller or wagon for them. This spring we will be selling Pedometers for anyone interested in tracking their steps, miles, calories, etc. If you're interested in purchasing a Pedometer; please come in early, and or at least a week before the club meets so we can get your Pedometer set-up for you before we start walking together for this session. We will meet every Tuesday and Thursday in the front atrium of Apollo recreation center; weather permitting.

Activity: 366406
 Instructor: Staff
 Location: ARC-Lobby
 Fee: Free
 Pedometer's cost: \$20.00

Session	Day	Date	Time
A	TU	April 6-June 8	8:00-9:00 am
B	TH	April 8-June 10	11:00 am-12:00 pm

Aerobic Multi-Class Discount

Participants who register for two or more aerobic classes will receive a \$2 per fitness class discount. To be eligible for this discount, you must register for multiple classes at the same time. Please be sure to subtract \$2 discount from each of the classes you register for. If you have any questions regarding this discount, please feel free to contact us at the main office (708) 389-1003.



Personal Training

The trainer will contact you to set up a meeting and program to fit your needs. You may choose one session or up to any number of sessions with one of our certified personal trainers. Please choose the trainer and program that best suits your needs. Training will take place at the Apollo Recreation Center (ARC) Fitness Center or the Women's Circuit Center, once you have signed up as a member of the Fitness Center or Women's Circuit Center. Please bring your receipt to your first training session. Training sessions are non-transferable. **Note:** Your money will not be refunded if you cancel with less than 24 hours notice of your appointment. A message may be left after hours by calling (708) 389-1003.

Activity: 366521
 Trainer: Christine Kerr, A.C.E Certified
 Denyse Cholewa A.F.F.A Certified (NEW)
 Location: ARC/Fitness Center, Women's Circuit Center
 Day/Date: Instructor arranged to meet your schedule
 Age: 16-Adult

Session	Number of Sessions	Fee
A	1 session	\$30.00
B	3 sessions	\$83.00
C	5 sessions	\$125.00
D	12 sessions	\$260.00

(plus a free body fat analysis with this package)

Zumba Pro's

If you're a Zumba fanatic and want to experience an absolute exhilarating hour with a Latin twist of caloric-burning, body energizing, awe inspiring movements than this is the class for you. Come and join our new instructor Kate for a hot, hot fitness party! There will be no class on May 31.

Activity: 366427-B
 Instructor: Kate Siriani
 Location: ARC/Aerobic Room
 Day/Dates: Monday, March 15-June 7
 Time: 8:40-9:40 pm
 Age: Teen-Adult
 Fee: R\$43/\$NR\$63
 Min/Max: 7/20
 Registration Deadline: March 10

Registration Dates

Resident: begins February 22
 Non-Resident: begins March 1
 Spring Programs begin:
 March 15, 2010



Fitness Programs

Spicy Hot Salsa & Latin Dance

Come join in and learn the hottest versions of Latin style dance. In this class you will learn the basic steps of how to lead and follow, dips spins and other fancy steps. Learn to Mambo, Cha-Cha, Samba, Merengue, Rhumba and Salsa. Bring a partner or come alone, but be prepared to dance the night away and work up a steaming sweat. Bring your dancing shoes and wear comfortable clothing. Partners are recommended to join together but we will welcome singles with experience. **Note:** There will be no class on Monday, May 31.

Activity: 366384-A
 Instructor: Kathy Smith
 Location: ARC/Aerobic Room
 Day/Dates: Monday, March 15-June 7
 Time: 7:35-8:35 pm
 Age: 16-Mature Adult
 Fee: R\$45/NR\$65
 Min/Max: 7/16
 Registration Deadline: March 10

Country Line Dancing (Beginning)

Join Steve for some toe tapping fun as we learn the basic dance steps of country line dancing. You will learn the common dance steps such as the jazz square, grapevine, shuffle and cha-cha steps. No special attire or a partner is necessary to be part of this class. Come kick up your heels with us! Please wear cowboy boots or leather soled shoes, no gym shoes. **Note:** There will be no class on Monday, May 31.

Activity: 366404-A
 Instructor: Steve Steib
 Location: ARC/Dance Room
 Day/Dates: Monday, March 15-June 7
 Time: 7:35-8:35 pm
 Age: Teen-Adult
 Fee: R\$38/NR\$58
 Min/Max: 8/20
 Registration Deadline: March 10

Country Line Dancing (Intermediate)

If you already have the basic dance steps under your belt than join this intermediate line dance class. In this class we will go beyond the basics and teach more of the current dances that are popular at area dance locations. Our instructor, Steve has been dancing for 10 years and is an experienced teacher with many, many dance moves. We are sure you won't be bored by repeating the same old dance steps. No special attire or a partner is necessary to be part of this class. Come kick up your heels with us! Please wear cowboy boots or leather soled shoes, no gym shoes. **Note:** There will be no class on Monday, May 31.

Activity: 366404-B
 Instructor: Steve Steib
 Location: ARC/Dance Room
 Day/Dates: Monday, March 15-June 7
 Time: 6:30-7:30 pm
 Age: Teen-Adult
 Fee: R\$38/NR\$58
 Min/Max: 8/20
 Registration Deadline: March 10



Aqua Aerobics

Water Aerobics is a great way to increase your range of motion without causing any stress to your body. Men and women, regardless of your swimming ability or age, will be able to follow the daily routines. Limited changing facilities are available, so please come ready to go. Aqua shoes and your own towel are required for the class. Please enter through door "4", which is on northeast side of the parking lot. **Note:** There will be no class on Monday, May 31.

Activity: 366524
 Instructor: Christine Kerr
 Location: Doubletree/Hilton Hotel Pool
 5000 W. 127th Street
 Age: 16-Adult
 Fee: R\$48/NR\$68
 Min/Max: 9/15
 Registration Deadline: One week before start of session

Session	Day	Dates	Time
A	MO	March 15-June 7	11:30 am-12:15 pm
B	WE	March 17-June 2	11:30 am-12:15 pm
C	WE	March 17-June 2	6:00-6:45 pm

Deep Water Aqua Aerobics

In this new class you will spend 45 minutes using the natural resistance of water to improve muscle tone, cardiovascular fitness and flexibility. Twenty minutes of deep water aerobics is equivalent to two hours of walking on land, burning up to 480 calories. You are required to bring your own aqua jogger floatation vest, aqua shoes and towel. This class is offered in the deep end of the pool. **Note:** There will be no class on Monday, May 31.

Activity: 366524-D
 Instructor: Chris Kerr
 Location: Doubletree/Hilton Hotel Pool
 5000 W. 127th Street
 Day/Dates: Monday, March 15-June 7
 Time: 6:00-6:45 pm
 Age: Adult
 Fee: R\$48/NR\$68
 Min/Max: 9/15
 Registration Deadline: March 10

Registration Dates

Resident: begins February 22
 Non-Resident: begins March 1
 Spring Programs begin:
 March 15, 2010



Fitness Programs

Pilates

This class will use a method of body conditioning exercises incorporating stretching and strengthening. The posture improves flexibility and coordination while the controlled breathing unifies the mind, body and spirit. In addition Pilates flattens abdominals, tightens buttocks, arms and thins the thighs. This is the secret of the "sleek Hollywood stars." **Note:** There will be no class on Saturday, May 29 or Monday, May 31.

Activity: 366784
 Instructor: Carol Kaye (Session A)
 Anne Kalch (Session B)
 Fee: R\$40/NR\$60
 Location: ARC/Aerobic Room
 Age: Teen-Adult
 Min/Max: 7/20
 Registration Deadline: One week before start of session

Session	Day	Dates	Time
A	MO	March 15-June 7	6:30-7:30 pm
B	SA	March 20-June 12	12:15-1:15pm

Piyo-Fusion

If you can't commit to a scheduled class every week, try this! Pay \$2 per class at front desk before the class starts: why not come and try this special pay as you go offer. This class is a combination of Pilates and Yoga. In this class you will sculpt your abdominal muscles while strengthening your back muscles with Pilate moves that also tone legs and glutes. We will also incorporate Yoga poses that will increase flexibility, improve posture and tone your upper body by using your own body weight. This class unites body and mind and creates a more streamlined shape. **Note:** There will be no class on Monday, May 31.

Activity: 366547
 Instructor: Rhonda Allan
 Location: ARC/Aerobic Room
 Age: Teen-Adult
 Fee: \$2 per class
 Min/Max: 6/15

Session	Day	Dates	Time
A	MO	March 15-June 7	9:30-10:30 am
B	WE	March 17-June 2	9:30-10:30 am
C	TH	March 18-June 3	6:30-7:30 pm



2010 Spring Brochure

The Alsip Park District brochure is published four times a year: fall, winter, spring and summer. The spring issue contains program information that is current through June 12, 2010. Please keep your brochure to refer to throughout the Spring session. Look for your Summer 2010 brochure during the week of May 10, 2010.

The Park District works very closely with a Delivery Service to ensure that your brochure arrives in a timely manner. If you are an Alsip Park District resident and you do not receive your brochure at your door step, please contact our main office at 708-389-1003 and leave your name and address with the receptionist.

Core Strength

In this class you will start off with some light cardio to burn off those extra calories and use resistance to gain muscle for an increased metabolism. We will then move into core exercises that will build your abs and strengthen your back along with moves that will firm and tone your gluteus, legs and arms. Come and join us in this fun firming class. **Note:** There will be no class on Monday, May 31 or Friday April 2.

Activity: 366537
 Instructor: Anne Kalch
 Location: ARC/Aerobic Room
 Age: Teen-Adult
 Fee: R\$42/NR\$62
 Min/Max: 10/20
 Registration Deadline: One week before start of session

Session	Day	Dates	Time
A	MO	March 15-June 7	10:30-11:15 am
B	FR	March 19-June 11	4:30-5:15 pm

Hatha Yoga

In this class emphasis is based on standing poses to develop strength, stability, stamina, concentration and body alignment. Props will be used to facilitate learning, as well as adjusting poses for stiff muscles. Learn how to use yoga to ease various ailments and stress. You do not have to be in shape, young, or flexible to learn yoga. We welcome you, whatever your current condition, and proceed from wherever you are when you begin. Yoga is a study and observation of one's spirituality, it's not a religion. Sign up and try something new for a change in your fitness routine. All levels welcome beginner and continuing. Please purchase a sticky mat for use in these classes.

Activity: 366546
 Instructor: Denyse Cholewa
 Location: ARC/Multipurpose Room II
 Day: Tuesday
 Time: 6:30 7:45 pm
 Age: 16-Adult
 Fee: R\$42/NR\$62
 Min/Max: 6/10
 Registration Deadline: One week before start of session

Session	Dates
A	March 16-April 20
B	May 4-June 8

Registration Dates

Resident: begins February 22
 Non-Resident: begins March 1
 Spring Programs begin:
 March 15, 2010



Fitness Programs

Zumba

Try this HOT Latin dance class that's taking the world by storm. You'll enjoy Latin rhythms with easy to follow moves to create a new way to make fitness an absolute blast! This class will feature interval training sessions where fast and slow rhythms are combined to tone and sculpt your body while burning fat. Come and join the party!

Activity: 366427-A
 Instructor: Rhonda Allan
 Location: ARC/Aerobic Room
 Day/Dates: Tuesday, March 16-June 1
 Time: 6:30-7:30 pm
 Age: Teen-Adult
 Fee: R\$43/\$NR\$63
 Min/Max: 7/20
 Registration Deadline: March 12

Strong and Fit

In this new class, while sitting or standing with the assistance of a chair, our instructor will lead you through strength and flexibility exercises. These movements can decrease joint pain and improve overall health and well-being. After you're done exercising, there will be a group discussion on a variety of subjects that will be very beneficial to you. Studies show it's never too late to start reaping the benefits of an exercise program. You do not have to be a Heritage resident to participate in this class. Come join us!



Activity: 366505
 Instructor: Chris Kerr
 Location: Heritage II Clubhouse
 3715 W. 123rd Place
 Time: 10:30-11:30 am
 Age: 55+
 Min/Max: 8/20
 Registration Deadline: One week before start of session

Session	Day	Dates	Fee
A	TU	March 23-June 8	R\$40/NR\$60
B	TH	March 18-June 10	R\$43/NR\$63

Cardio Kickboxing

This high energy cardiovascular class utilizes varying intensity to accommodate all fitness levels. You'll begin with a warm-up that includes instruction on proper form (punches, strikes and kicks) that will be used in the class. The work phase of class increases in movement and intensity while maintaining good form and core strength. The class ends with a cool down and stretching. Expect a physical workout. This program is not recommended for individuals with lower back or knee injuries.

Activity: 366523-A
 Instructor: Rhonda Allan
 Location: ARC/Aerobic Room
 Day/Dates: Tuesday, March 16-June 1
 Time: 7:35-8:35 pm
 Age: Teen-Adult
 Fee: R\$42/NR\$62
 Min/Max: 6/15
 Registration Deadline: March 12



Back & Neck Pain

Does your back go out more than you do? Come to a free "Spine Sense" seminar and learn more about what you can do to relieve your pain. Experts from the Ingall's Spine Center will be available to discuss some of the latest methods of diagnosing back and neck pain, medications and other non-surgical options, as well as minimally invasive and leading edge technologies. **Note:** To reserve your seat, please call 1-800-221-2199 by March 2.

Activity: 366494-A
 Instructor: TBA
 Location: ARC/Board Room
 Day/Date: Tuesday, March 9
 Time: 5:00-6:00 pm
 Age: Adult
 Fee: Free
 Min/Max: 10/15



WOW (Women on Weights)

In this new class you will get a full 60 minute workout. We will combine cardio training with weight circuits followed by core training, will end with a relaxing stretching routine. This new class will challenge everyone from beginners to advanced. At the same time you can achieve a higher level of fitness while lowering your level of stress in this mid-week relief from the daily grind. Please sign up with a friend and share the experience.

Activity: 366536-A
 Instructor: Karri Weber
 Location: ARC/Aerobic Room
 Day/Dates: Wednesday, March 17-June 2
 Time: 6:00-7:00 pm
 Age: Teen-Adult
 Fee: R\$44/NR\$64
 Min/Max: 8/10
 Registration Deadline: March 15

Muscle Fit

This class is a great way to lose fat and increase your muscular endurance. You will define your muscles by using hand weights with the stability ball, body weight exercises, such as push-ups, crunches and lunges will also be included in this physically challenging workout routine. Grab a workout buddy and get FIT !

Activity: 366496
 Instructor: Rhonda Allan
 Location: ARC/Aerobic Room
 Time: 9:30-10:30 am
 Age: Teen-Adult
 Fee: R\$39/NR\$59
 Min/Max: 6/15
 Registration Deadline: One week before start of session.

Session	Day	Dates
A	TU	March 16-June 1
B	TH	March 18-June 3



Fitness Programs

Ab Sculpt

If you're short on time and are ready to burn up those core muscles, we have a fast moving half hour class that you need to sign up for now. You'll be shown exercise moves that will keep your abdominal muscles firm and strong. Be ready for resistance moves on the Thera-Band Ball and slow controlled exercises using hand weights for a sculpted waistline.

Activity: 366503
 Location: ARC/Aerobic Room
 Fee: R\$20/NR\$30
 Age: Teen-Adult
 Min/Max: 10/20
 Registration Deadline: March 15

Session	Day	Dates	Time	Instructor
A	TU	March 16-June 1	9:45-10:15 am	Anne Kalch
B	TH	March 18-June 3	7:35-8:05 pm	Rhonda Allan

Belly Dance Your Bun-Bun Off Class

You thought you had fun before-feel new and improved! Receive all over toning in this "Belly dance your Bun-Bun off" exclusive limited offer. Get ready to feel like yourself but better, lighter, and more energetic. This belly dance class offers a great overall workout. This is a mixed level class. No prior experience necessary.

Activity: 366542-A
 Instructor: "Tatiana"
 Location: ARC/Dance Room
 Day/Dates: Wednesday, March 17-June 9
 Time: 6:30-7:30 pm
 Age: Teen-Adult
 Fee: R\$43/NR\$63
 Min/Max: 6/25
 Registration Deadline: March 10

Intro to Yoga

This is a series of classes designed for students new to Yoga... Basic standing and other fundamental poses are introduced. After completing the intro to Yoga series, you may retake the series or you may move on to the Hatha Yoga class. Please bring to class shorts or footless tights, bare feet and an empty stomach. No baggy pants and no perfumes.

Activity: 366548-A
 Instructor: Denyse Cholewa
 Location: ARC/Multipurpose Room II
 Day/Dates: Wednesday, March 17-May 5
 Time: 6:30-7:30 pm
 Age: Teen-Adult
 Fee: R\$56/NR\$76
 Min/Max: 6/15
 Registration Deadline: March 15

Did you know?

The Alsip Park District is a separate municipal governing agency established for the purpose of providing parks, facilities and recreational programs for the community. If you have any questions regarding any of our programs, parks or facilities, please feel free to contact our Main Office at 708-389-1003.



EZ Aerobics Union

This one hour class has it all! We will burn fat with low impact moves, sculpt muscles with weights and/or bands and tighten and strengthen your core. Proper stretching techniques will also be taught. Register early and reap all the health benefits of this class.

Activity: 366525-A
 Instructor: Carol Kaye
 Location: ARC/Aerobic Room
 Day/Dates: Wednesday, March 17-June 2
 Time: 7:15-8:15 pm
 Age: Teen-Adult
 Fee: R\$40/NR\$60
 Min/Max: 8/25
 Registration Deadline: March 15

Dancing With the Stars

Learn fun and easy beginner steps, techniques and styles to become a successful dancer. Improve your skills and how to lead and follow. Have fun dancing the Waltz, Rhumba, Tango, Foxtrot and the Swing. You will learn 10 different patterns of dance steps. The instructor will cross over into several other popular dances as well. Couples and singles are welcome.

Activity: 366403-A
 Instructor: Kathy Smith
 Location: ARC/Dance Room
 Day/Dates: Wednesday, March 17-June 2
 Time: 7:35-8:35 pm
 Age: 16-Mature Adult
 Fee: R\$45/NR\$65
 Min/Max: 7/16
 Registration Deadline: March 15



Yoga with Peggy

Yoga is a wonderful way to relax and renew into a harmonious, fulfilling and healthy lifestyle. Increase your flexibility through gentle movement and learn how to concentrate on breathing to reduce stress. Wear loose fitting clothing and bring a towel, or your own roll-up matt. This is a 6 week session.

Activity: 366408
 Instructor: Peggy Ford
 Location: Pre-School I
 Day: Thursday
 Time: 7:30-8:30 pm
 Fee: R\$40/NR\$60
 Age: Teen-Adult
 Min/Max: 6/15
 Registration Deadline: One week before start of session

Session	Dates
A	March 18-April 22
B	May 6-June 10

Registration Dates

Resident: begins February 22
 Non-Resident: begins March 1
 Spring Programs begin:
 March 15, 2010

Fitness Programs



Babysitting

Child care is available for fitness center and aerobic class participants. Parents must remain on the premises. You must pre-register with the main office prior to bringing your child in for babysitting. There is no drop-off service for babysitting. If you require a time that does not coincide with a class, please contact the main office and we will do our best to accommodate you.

Activity: 333501-A
 Location: ARC/Babysitting Room
 Age: 3 months-12 years
 Fee: R\$35/NR\$52
 Min/Max: 2/6

Fitness Variety Workout

If you like variety in your life, this hour long class will give you that and more! In this class you will be challenged with a different workout each week. You'll be doing low impact aerobics, step, and toning up with small hand weights, resistant bands and the stability ball. Guaranteed you won't be bored, why not give it a try?

Activity: 366512-A
 Instructor: Kim Henley
 Location: ARC/Aerobic Room
 Day/Dates: Thursday, March 18-June 3
 Time: 6:30-7:30 pm
 Age: Teen-Adult
 Fee: \$38/NR\$58
 Min/Max: 7/15
 Registration Deadline: One week before start of session

Circuit Exercise Class

If you can't commit to a scheduled class every week, try this! Pay \$3 per class at the aerobic room door before the class starts: why not come and try this special pay as you go offer. You will love this high energy muscle pumping, strength building, and cardio circuit class. Come and give it a try; you'll target it all in this 45 minute work out. You won't be disappointed!

Activity: 366495-A
 Instructor: Anne Kalch
 Location: ARC/Aerobic Room
 Day/Dates: Wednesday, March 17-June 9
 Time: 5:00-5:45 pm
 Age: Teen-Adult
 Fee: \$3.00 per class
 Min/Max: 8/20



Health Chek

Health Chek will be offering a variety of Wellness Screenings at the Alsip Park District this spring. To register for any of these test, call Health Chek at 1-800-915-4583.

Lipid Panel\$20.00
 (Cholesterol, HDL Cholesterol, LDL Cholesterol and Triglycerides)
 Healthchek Profile\$45.00 (over 40 test)
 (Includes Mteabolic Panel, Lipid Panel & CBC, Cholesterol, Glucose, Electrolytes, Liver Enzymes, Etc.)
 Apolipoprotein Evaluation\$65.00 (A1, B, B/A1 ratio)
 This test requires a 12-16 hour fast. A better predictor than HDL & Triglycerides for Coronary Artery Disease
 VAP (Vertical Auto Profile)\$80.00
 This test requires a 10-12 hour fast. The VAP is the only cholesterol test to identify markers for Metabolic Syndrome, a precursor for diabetes.

Activity: 366522-A
 Instructor: Health Chek
 Location: ARC/Dance Room
 Day/Dates: Saturday, March 27
 Time: 9:00-10:30 am
 Age: Adult
 Fee: Listed above



Saturday Morning Boot Camp

In this boot camp class expect a challenging but fun intense work-out. You'll be burning tons of calories and shedding all those extra pounds. Come and join us for this efficient entire body training, you will definitely be pushing your body to its limits. There's no resting time in between exercises, so be prepared for a physical and demanding hour! Are you ready for this one? **Note:** There will be no classes on Saturday, April 3 or Saturday, May 29.

Activity: 366523-A
 Instructor: Rhonda Allen
 Location: ARC/Aerobic Room
 Day/Dates: Saturday, March 20-June 5
 Time: 10:00-11:00 am
 Age: Teen-Adult
 Fee: R\$35/NR\$55
 Min/Max: 6/20
 Registration Deadline: March 17

