

PARK RIDGE PARK DISTRICT
COMMUNITY
 CENTER

Volume 2, Issue 2 January 2010

1515 West Touhy Avenue 847-692-5129 www.prparks.org

Coming this Spring—Suunto® Spinning

Hours of Operation:

Monday through Friday:
 5:30am to 10:30pm
 Saturday: 6:45am to 8:00pm
 Sunday: 7:45am to 8:00pm

Holiday & Special Hours:

April 4, 2010—Closed

**Community Center
 Contacts**

- J.T. Malak, Community Center Coordinator **692-5149**
- Teresa Palaggi, Member Services Manager **692-5136**
- Desiree van Thorre, Aquatics Supervisor **692-8599**
- Diane Murphy, Fitness Program Manager **692-5139**
- Roberta Smaha, Fitness Center Manager **825-0953**
- Front Desk **692-5129**
- Maine Park Office **692-5127**

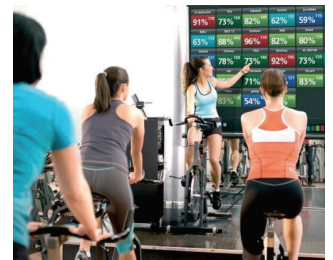


If you've been in the spinning room of the Community Center, you've already noticed that it looks very different. Along with re-arranging the bikes, we've added a projector and screen. The new equipment will allow projection of ambient video, such as scenic roads, etc. that will add to the class. It will also be used to project information from the

new Suunto® Fitness Solution.

Beginning in the Spring, we will offer special **Suunto® Spinning** classes, which utilize heart rate monitors to provide an improved spinning workout. Participants heart rates will be projected onto a screen (using code names for privacy). The heart rates will be color coded, based on the level of fitness. This will allow the instructor to

guide all participants through varying levels of exertion to maximize fitness training. During the current program session, we will be trying the equipment with various classes to give participants a sneak preview of how the system works.



Message from Community Center Advisory Council Chairperson: Mary Wynn Ryan

Now's the time when everyone jumps on the scale and then runs out the door for a workout. Good move: It's not just about the usual New Year's resolution, it's about beating the post-holiday blues. Times are tough, but we're engineered to feel less stressed when we get our circulation going. (That's just as true for those who have punishing work schedules as for those who are stuck at home.) Whether you exercise the recommended four or five times a week, or only when you can squeeze it into your

hectic schedule, the Community Center can help you get the most from your time. With flat-screen TVs, the latest equipment and attentive, competent staff who are committed to being helpful, working out in our fitness center is not just efficient, it's fun. If you'd like to change it up a bit, take the plunge in the lap pool, spend a little quality time in the leisure pool with your kids, and soak away winter aches in our sauna or hot tub. Being with friends is good medicine, too, so get together to play racquetball, shoot

some baskets or hike the walking track. We're open convenient hours every day, so banish the post-holiday blues with a few free-range endorphins, courtesy of the Community Center. I'll see you there. *Mary Wynn Ryan*





As we
near the
end of

January, you may be struggling to keep your new Year's Resolutions. Keeping these five tips in mind can really help.

1. **Goals:** Setting goals is an important part of any life-change. Setting a clear and defined goal (with a deadline) helps keep you on track. Instead of, "Be fit in 2010," try something like, "workout three times a week through April." You can always revisit a goal and add to it later.

2. **Make a Plan:** Having goals and deadlines are great, but you'll need to plan ahead to meet them. Find ways to incorporate your goals into your daily schedule. Scheduling your workout in your daily planner will make it a part of your routine.
 3. **Break it up:** Set milestones along the way to meeting your goals. Pressure to accomplish a large task may seem overwhelming, but smaller steps make it more feasible. If your goal is to run a mile, perhaps aim for one extra lap each week.
 4. **Don't Blame Yourself:** It's okay not to be perfect. If you fail to meet a goal, or even a step on the way there, don't get down on yourself. Celebrate the progress you've made and persevere towards making up the slack.
 5. **Stick to it:** when you feel like giving up, remind yourself of your goal and why you're striving towards it. Keep in mind, you may need to try new techniques to motivate yourself or revisit the reason behind your choice in the first place.
- Good luck, and keep up the great work!**

Save the Community Center Floors!

With the snow of the winter season comes salt. Though salt is great for keeping ice at bay, it can be very damaging to the CC floors, especially the hardwood floors.

What can you do to help?

-Take an extra few seconds to rigorously wipe your feet on the entranceway mats.

-Change out of your street shoes into workout shoes worn only indoors, especially before using the gym or racquetball courts.

Thank you!

Message from a Member and Employee

My friends and family joke that the Community Center is my second home. They always know where to find me between the hours of 9am and 11am. It is true when I say that the Community Center is a comfortable place for me to be. I have worked for the Community Center for over 4 years and have spent countless hours in the Fitness Center.

It is one of my favorite places to see old friends and meet new ones. I have created friendships with individuals of all ages that would not have been possible without the Community Center; it's the people and welcoming environment that allow me to call the Community Center 'home'.

-Lisa Masuoka

We Need Your Help: With Every Newsletter, the Community Center strives to share a testimonial from an actual member. Please send your thoughts and stories to the Community Center Coordinator, J.T. Malak to be considered for the next newsletter. 847-692-5149 or jmalak@prparks.org