

PARK RIDGE PARK DISTRICT  
**COMMUNITY**  
CENTER

November 2010

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



### Hours of Operation:

Monday through Friday:  
5:30am to 10:30pm

Saturday: 6:45am to 8:00pm

Sunday: 7:45am to 8:00pm

### Holiday Hours:

November 25 – 7:30am—1:00pm

December 24—7:45am-3:00pm

December 25—Closed

December 31—5:30am-3:00pm

January 1, 2011 –Closed

### Community Center Contacts

J.T. Malak, Community Center Manager **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**

### Winter is Coming! Are you Ready for Some Exercise?

As the temperatures continue to drop, the creatures of nature rush to prepare for winter. Just as the squirrels continue to collect and hide away a store of food for the coming months, we too need to prepare for the shorter days and colder weather.

Exercise can be a great escape from the gray skies and frigid

temperatures that are fast approaching; studies have shown it improves attitudes, relieves stress, all while improving one's health. At the Community Center, you've got plenty of options to cure those wintertime blues.

From taking a walk or jog on the track to playing basketball with other members and friends, there's plenty to keep you

in shape and out of the cold. Why not relive the joys of summer with a swim at the indoor pools, or try a new workout with the purchase of a drop-in pass or one of the fitness classes. If you're not sure where to begin, inquire at the front desk about the personal trainers; they can apply their expertise to help develop a workout just right for you.

### Message from Community Center Advisory Council Chairman: Rick Biagi



The Community Center is bustling with activity. I hope that you are taking a moment to get acquainted with all that your Community Center has to offer and encouraging your friends and neighbors to take a fresh look at it as well. We are really excited about the addition to the Family Changing Rooms on the first floor. These individual rooms, equipped with toilet and shower facilities, will allow parents to bring children into the pool area safely without

needing to use the regular locker rooms for changing and showering. At the same time that the Family Changing Rooms were being constructed, the shower area in the Women's Locker Room received a long awaited update to the tiled areas.

You may have read in the local newspapers that the Park District Board of Commissioners is considering a name change to the Community Center. While we are cognizant of the costs associated with such a change, we believe that it is important to stress that this facility is, first and foremost, a place for the citizens of Park Ridge to engage in exercise and fitness activities. We believe that a name change, which would likely be rolled in over an extended period in order to mitigate costs, would underscore the facility's goals and directives. We certainly welcome your comments as this process moves forward.

If you are interested in having your voice heard, please plan to attend one of the Park District Board meetings which are the third Thursday of the month. I look forward to seeing you around the Community Center.

*Rick Biagi*, Chairman

Join Us On Turkey Day!

Jo Herzog Memorial  
Thanksgiving Day Family  
Exercise Class



**November 25, 2010**

**8:00am—9:00am**

**Bring a donation for  
the Maine Township  
Food Pantry**

## Swim!



**Don't Forget:  
The Indoor Community  
Center Pool is open 'Rain or  
Shine'—so there's no  
reason to miss out on  
swimming—anytime, even  
during a storm.**

**For open and lap swim hours,  
please check pool schedule  
available at our front desk &  
online: [www.prparks.org](http://www.prparks.org)**

## Escape within the Fitness Center

How would you like to run or walk along the northern Rocky Mountains, or the streets of Los Angeles... without ever leaving Park Ridge? With the new virtual Active Feature of the Matrix treadmills (#1, 2, and 3), you can do just that within the comfort of your hometown Community Center.

Virtual Active is a fully interactive video programming on the Matrix treadmills. The personal touch screen will display video footage of actual trails and pathways from your choice of five locations: Los Angeles, Sierra Nevada, Utah, Northern Rockies, and Chicago. The video will play at the rate consistent with the treadmill speed you set, and as the terrain changes, you'll feel the treadmill gradually elevate as well. Plug your earphones into the earphone jack to hear ambient noises of the location, or plug in your I-pod and listen to your own music as you enjoy your destination workout.

To access this feature, simply press the "Virtual Active" button on the touch screen; it is red and to the left of the "Go" button. From there, you'll be given the choice of locations. Once you've decided where you want to go, you will be given the options to set the level of your workout, your age, weight, and the speed you'd like to start our at. If you need assistance, please see the fitness attendant who will gladly help you.

We hope you enjoy your workout as you take your next "getaway" at the Community Center!



## Weight Loss Challenge Course—You Could Win by Losing!

The Community Center is now offering a weight loss challenge course that encourages participants to eat healthy and see the benefits of good nutrition, while competing to win money. Participants for the class will meet once a week to receive personalized coaching and attend lecture and discussion meetings to learn how they can achieve healthier living habits. Each week, participants can attend a lecture and discussion meeting to learn about topics like: protein intake, calorie intake, digestive health,

making sense of carbohydrates, the importance of hydration, tips for dining out, exercise, and nutrition supplements.

Prize money will be paid out via check to three winners from each class. \$25 from the registration fee goes toward the prize pool which is divided for the winners: 1st prize receives 50%, 2nd prize—30%, and 3rd prize—20% (Prize decided by the size of the class).

**Class # 18164  
Wednesdays, Noon-1pm  
Jan. 12, 2011 through Mar. 23, 2011**

**Class # 18165  
Tuesdays, 7:30pm-8:30pm  
Jan. 11, 2011 through Mar. 22, 2011**

**Residents: \$45, Nonresidents: \$55**

