



CIMBALO FITNESS CENTER and Museum / 1203 N. 24th Ave. Melrose Park (708) 343-5151

Monday-Friday • 6 a.m.-9 p.m.

Saturday and Sunday • 7 a.m.-4 p.m.

Racquetball Court Fees:

Non-Prime Time (9 a.m. to 5:30 p.m.) \$7
 Prime Time (6 p.m. to close and weekends) \$9

Guest Fees (When accompanied by a member):

On the Courts \$4 Health Club \$7

Membership Fees

When paying for a membership, proof of residency must be a driver's license or a State ID.

| Year Membership | Resident | Nonresident |
|-----------------------|----------|-------------|
| Adult (21 and up) | \$160 | \$210 |
| Junior (16-20) | \$150 | \$190 |
| Youth* (12-15) | \$140 | \$180 |
| Family (4 members) | \$210 | \$290 |
| Senior (60 and older) | \$85 | \$110 |

*Youth membership needs physician approval.
 Must be accompanied by an adult (18 or older) at all times.

Tanning Bed

(15 minutes, usage is restricted to individuals 18 and older.)
 Member \$3 Non-Member \$5

All new state-of-the-art equipment.

Cardio Area: Treadmills, Stair Climbers, Recumbent Bikes
 Nautilus Machines: Various upper body and lower body
 Strength Training: Tons of Free Weights, Benches, Squat Racks,
 Olympic Plates

Corporate Memberships:

Veterans Park District welcomes all corporate companies to get in great shape at a great rate.

Application Procedure:

Corporate applications can be picked up at the Cimbalo Fitness Center and Museum, 1203 N. 24th Ave., Melrose Park.

Corporate membership fees are structured as follows:

- 5 members (ea. individual contributing \$130), total fee \$650
- 10 members (ea. individual contributing \$120), total fee \$1,200
- 15 members (ea. individual contributing \$110), total fee \$1,650
- 20 members (ea. individual contributing \$100), total fee \$2,000

If you wish to apply for membership or need more information concerning corporate memberships, please call the Cimbalo Fitness Center and Museum at (708) 343-5151 or feel free to visit anytime.

Energize Your Life



ALL NEW FALL FITNESS CLASS LINE UP...

New Classes • New Instructors • New Times

Boot Camp

Bootcamp is a mixture of agility, balance, cardio, core building, flexibility, functional movement patterns, muscle, endurance, and strength to advance your overall fitness. You get EVERYTHING you need! Body weight exercises will be combined with optional dumbbells, resistance tubing, mats, and stability balls may be used. This class focuses on muscles confusion to build and increase strength so there will be a different challenge in every class. All fitness levels will be accommodated and welcome.

Days and Times:

Mondays 8-9 a.m.

Wednesdays 6-7 p.m.

Dates: Session 1: Sept. 18 – Nov. 1

Session 2: Nov. 6 – Dec. 27

(No class Dec. 25)

Location: Cimbalo Fitness Center**Fee:** \$34 In District / \$42 Out of District**Min/Max:** 3/15**Instructor:** Georgia

Muscle Strength

Develop muscle definition, endurance strength, and decrease body fat by building lean muscle, and increase bone density. Speed up your metabolism and burn more calories during your workouts and at rest through the building of lean muscle. A diversity of equipment including body weight, optional dumbbells and mats will be utilized to sculpt your muscles, change the shape of your body, and build core strength. All fitness levels will be accommodated and welcome.

Days and Times:

Tuesdays 6:30-7:30 p.m.

Dates: Session 1: Sept. 19 – Oct. 31

Session 2: Nov. 7- Dec. 26

(No class Nov. 23)

Location: Cimbalo Fitness Center**Fee:** \$34 In District / \$42 Out of District**Min/Max:** 3/15**Instructor:** Georgia

Cardio Sculpt

This class is designed to shock the body and promote change body composition through targeting fat. This class will offer effective cardio routines targeting the entire body to build endurance and target fat using body weight, and at times optional dumbbells and resistance. You will experience high-energy and at times circuit, interval, and high intensity training through aerobic actions with strength and stabilization exercises. All fitness levels will be accommodated and welcome.

Days and Times:

Thursdays 8-9 a.m.

Dates: Session 1: Sept. 21 – Oct. 26

Session 2: Nov. 9 – Dec. 28

Location: Cimbalo Fitness Center**Fee:** \$34 In District / \$42 Out of District**Min/Max:** 3/15**Instructor:** Georgia

CIMBALO OFFERS PERSONAL TRAINING 1 ON 1 OR SMALL GROUP

Personal-training group and individual appointments are booked based on the goals, desired results, and needs of the client(s). The first session will include a physical fitness assessment, expectations, and goals discussion of the client and the trainer. You will receive exercise instruction and prescription throughout your individualized program that will be constantly changing based on you. You will be inspired through consistent feedback, goal setting, and accountability. Clients of all levels including those requiring corrective exercise can and will benefit through the guidance of a personal trainer. All fitness levels will be accommodated and welcome.

PERSONAL TRAINING: 1 on 1 training with a personal trainer and an individual client**GROUP TRAINING:** 1 on 1 training with a personal trainer and 2 minimum up to 4 maximum clients**DAYS AND TIMES:** (By appointment only)

To make an appointment or for more information, email Georgia at Gargiris@veteransparkdistrict.org or call Georgia at (708) 343-5151. Appointments are 60 minutes.

LOCATION: Cimbalo Fitness Center**INSTRUCTOR:** Georgia**COST:****1 on 1 Personal Training:**

| | | |
|-------------|-------------------|-----------------------|
| 1 session | (1 hour) | \$45 |
| 10 sessions | (1 hour sessions) | \$375 (\$75 savings) |
| 20 sessions | (1 hour sessions) | \$800 (\$100 savings) |

Group Personal Training:

(2-4 participants and group must be formed by participants prior to registration)

| | | |
|-------------|-------------------|------------------------|
| 1 session | (1 hour) | \$60 |
| 10 sessions | (1 hour sessions) | \$525 (\$75 savings) |
| 20 sessions | (1 hour sessions) | \$1100 (\$100 savings) |



Challenge Yourself



BIGGEST WINNER WEIGHT LOSS CHALLENGE

Your time is now!

Are you confused and overwhelmed by all of the health and fitness information readily available today?

Have you tried various fitness fads and weight loss promises repeatedly?

Are yo-yo dieting, inconsistent exercise patterns, plateaus, label, and calorie confusion a part of your past?

If so, this challenge is for YOU! All fitness levels will be accommodated and welcome.

- The challenge trainer will guide you in exercise and nutrition guidelines. You will have weekly accountability. Weekly meetings will include a 30 minute workout, weigh-ins, and group discussion.
- Weekly weigh-ins (You cannot miss more than four. If you need to miss a weekly meeting you can schedule an appointment with Georgia for your weekly weigh-in.)
- Surprise challenges throughout the session where prizes will be awarded.
- Prizes will be awarded for the top three participants who lose the most amount of weight. Final weight losses will be calculated by percentages.



** Includes 14 week full membership to Cimbalo Fitness Center where you can work-out during the operation hours of the center.*



Day:
Wednesdays

Time:
7-8 p.m.

Dates:
Sept. 9 – Dec. 27

Location:
Cimbalo Fitness Center

Fee per Person: *
\$99 Resident
\$129 Non-Resident



Maximize Your Mobility



Ballroom Dance lessons

Cha-Cha, Tango, Swing, Rumba, Waltz & Fox Trot your way through weddings, reunions, parties, cruises or just a night on the town. This is a great way to get exercise, while having fun. Learn new dances or perfect your skills.

111121 E7

Day: Wednesdays

Dates: Session 1: Sept. 20 – Nov. 1
Session 2: Nov. 8 – Dec. 27

Time: 7 p.m.

Location: Kahl Park

Fee (per session):

\$50 Per Person - In District/\$55 Out of District
\$80 Per Couple - In District/\$85 Out of District

Instructor: Donna Borowiack

Minimum of 3 couples or 6 individuals required to run the class.

Belly Dance

(Beginner – Advanced)

Increase your flexibility and get in shape with belly dance. Make new friends! This is a very old art form that has been used for centuries as a form of exercise for fun and fitness. Belly dance strengthens your inner core muscles, while increasing flexibility. Please bring a hip scarf if you have one.

344007

Days: Tuesdays

Dates: Session 1: Sept. 19 – Oct. 31
Session 2: Nov. 7 – Dec. 26

Time: 7-8 p.m.

Location: Kahl Park

Fee: \$34 In District/\$42 Out of District

Min/Max: 6/20

Instructor: Felicia Elias

Yoga for the Actively Aging

(Chair Yoga)

A gentle yoga class that is designed to maintain healthy joints, muscular flexibility and strength. Stretching movement and static poses will also help improve your balance and coordination. Poses can be done using a chair or free-standing according to your abilities.

344007

Days: Wednesday

Date: Program runs continuously

Time: Noon -12:45 p.m.

Fee: \$34 In District/\$42 Out of District (for ages not yet 55)
\$1 ages 55 and older

Location: Grant Park

Instructor: Karin Newsome

Clear Your Mind

Guided Meditation- aka 5:15

This class will focus on guided meditation for a clear mind through various breathing exercises and visualization. You will experience inner peace, mental clarity, and the promotion of mindfulness. Meditation can assist in combat of anxiety, exhaustion, lack of focus, and stress. You will leave class with a sense of clarity, calmness, direction, and in a state of gratitude. Feel free to bring mats, pillows, and blankets to class.

Day: Fridays

Dates: Session 1: Sept. 22 – Nov. 3
Session 2: Nov. 10 – Dec. 15 (no class Nov. 10)

Time: 5:15-6:15 p.m.

Location: George A. Leoni Complex

Fee: \$34 In District/\$42 Out of District

Min/Max: 3/15

Instructor: Georgia

Exercise Track at Leoni

Come enjoy our temperature controlled indoor exercise track. Get your recommended daily exercise completed rain or shine, freezing weather or scorching heat. Nine laps around the track equals one mile.

RATES: R: \$5 per year
R, 55+: \$1 per year
NR: \$50 per year



Sign up at least 2 weeks before program, class or trip begins to avoid cancellations and wait lists.

(708) 343-5270 • veteransparkdistrict.org