

# CIMBALO FITNESS CENTER AND MUSEUM

**NEW & EXCITING  
CHANGES TO COME  
AT CIMBALO  
FITNESS CENTER!**



1203 N. 24th Ave., Melrose Park

Email: [cimbalo@veteransparkdistrict.org](mailto:cimbalo@veteransparkdistrict.org)

Phone: (708) 343-5151

Monday-Friday • 6 AM-9 PM

Saturday and Sunday • 7 AM-2 PM

## YEARLY 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.

## RACQUETBALL COURT FEES

|  |     |
|--|-----|
| Non-Prime Time (9 AM to 5:30 PM)           | \$7 |
| Prime Time (6 PM to close and weekends)    | \$9 |
| Guest Fees (When accompanied by a member): |     |
| On the Courts                              | \$4 |
| Health Club                                | \$7 |

## ALL NEW STATE-OF-THE-ART EQUIPMENT

### Cardio Area:

Treadmills, Stair Climbers, Recumbent Bikes, Max Trainer

### Strength Training:

Tons of Free Weights, Benches, Squat Racks, Olympic Plates

### Circuit Training Area:

Various Circuit Training Machines to strengthen and tone all major muscle groups.

### Functional Fitness Area:

Interval Training, Heavy Bags

# Fitness Adults

## Zumba®

A total workout, combining all elements of fitness – cardio, muscle conditioning, balance and flexibility, Latin music and easy to follow moves, boosted energy and a serious dose of awesome each time you leave class.

| Age | Date         | Day | Time      | R/N Fee | Code # |
|-----|--------------|-----|-----------|---------|--------|
| 18+ | Jun 7-Aug 2* | F   | 6-6:55 PM | \$45/55 | 344008 |

\* No class Jul 5

Location: Grant Park Recreation Center      Min/Max: 7/16

## Zumba® Toning

Zumba® Toning combines targeted body-sculpting exercises and high-energy cardio work, by putting extra emphasis on toning and sculpting to define those muscles! The challenge of adding resistance by using Zumba® Toning Sticks (or light weights), helps you focus on specific muscle groups, including arms, core and lower body. Please bring your own 3 pound or less weights.

| Age | Date          | Day | Time        | R/N Fee | Code # |
|-----|---------------|-----|-------------|---------|--------|
| 18+ | Jun 4-Jul 30* | Tu  | 10-10:55 AM | \$45/55 | 344008 |

\* No class Jul 2

Location: Grant Park Recreation Center      Min/Max: 7/16

| Age | Date        | Day | Time        | R/N Fee | Code # |
|-----|-------------|-----|-------------|---------|--------|
| 18+ | Jun 6-Aug 1 | Th  | 10-10:55 AM | \$45/55 | 344008 |

\* No class Jul 4

Location: George A. Leoni Complex      Min/Max: 7/16



## STRONG 30/Zumba® 30

This class packs a high-intensity, full body challenging workout and a cardio class into two 30-minute segments. This class will provide aerobic moves along with a total body workout that will target your whole body.

| Age | Date          | Day | Time      | R/N Fee | Code # |
|-----|---------------|-----|-----------|---------|--------|
| 18+ | Jun 4-Jul 30* | Tu  | 9-9:55 AM | \$45/55 | 344008 |

\* No class Jul 2

Location: Grant Park Recreation Center      Min/Max: 5/16

| Age | Date        | Day | Time      | R/N Fee | Code # |
|-----|-------------|-----|-----------|---------|--------|
| 18+ | Jun 6-Aug 1 | Th  | 9-9:55 AM | \$45/55 | 344008 |

\* No class Jul 4

Location: George A. Leoni Complex      Min/Max: 5/16

Sign up for two Zumba classes for R \$80 / NR \$90

## EXERCISE TRACK AT LEONI

800 N. 17th Ave.  
Melrose Park

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

## OUTDOOR EXERCISE TRACKS

| Gouin Park                                | Grant Park                                | Bulger Park                               |
|---|---|---|
| 2400 Scott St.<br>Franklin Park           | 44 W. Golfview Dr.<br>Northlake           | 1601 Hirsch St.<br>Melrose Park           |
| 1 ¾ laps around the track equals one mile | 2 ¼ laps around the track equals one mile | 3 ¼ laps around the track equals one mile |