

CIMBALO FITNESS CENTER AND MUSEUM

1203 N. 24th Ave., Melrose Park
(708) 343-5151 cimbalo@veteransparkdistrict.org

Monday-Friday • 6AM-9PM
Saturday and Sunday • 7AM-2PM

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.

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.



RACQUETBALL COURT FEES

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

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

WINTER 2018 FITNESS AND WELLNESS CLASSES

Belly Dance

(Beginner – Advanced)

Increase your flexibility and get in shape with belly dance. This 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.

WINTER SPECIAL

Date	Day	Time	R/N Fee	Instructor
Jan 7 & 14	Su	11:30A-1P	\$34/\$42	Felicia
Jan 20 & 27	Sat	10-11:30A	\$34/\$42	Felicia

Session1

Jan 30-Mar 6 Tu 7-8P \$34/\$42 Felicia

Session2

Mar 13-Apr 17 Tu 7-8P \$34/\$42 Felicia

Location: Kahl Park

Min/Max: 6/20

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. 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.

Date	Day	Time	R/N Fee	Instructor
Jan 3-Feb 21	W	7-8A	\$34/\$42	Georgia
Feb 28-Apr 18	W	7-8A	\$34/\$42	Georgia

Location: Cimbalo Fitness Center

Min/Max: 3/15



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.

Date	Day	Time	R/N Fee	Instructor
Jan 4-Feb 22	Th	7-8A	\$34/\$42	Georgia
Mar 1-Apr 19	Th	7-8A	\$34/\$42	Georgia

Location: Cimbalo Fitness Center

Min/Max: 3/15

Cardio Sculpt

This class is designed to shock the body and promote changing 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.

Date	Day	Time	R/N Fee	Instructor
Jan 8-Feb 26	M	7-8A	\$34/\$42	TBA
Mar 5-Apr 23	M	7-8A	\$34/\$42	TBA

Location: Cimbalo Fitness Center

Min/Max: 3/15

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
 N: \$50 per year

Yoga

This class is designed for all levels. Modifications will be offered for correct alignment, transition into the proper positions, correct breath, and progressions demonstrated and worked through. You will utilize your breath and movement to mindfully flow. This class is for the beginner to the seasoned student who is ready to expand their mind, breath, and body through yoga. This class will encourage you to explore safely as you gain and increase confidence and inner peace.

Date	Day	Time	R/N Fee	Instructor
Jan 2-Feb 20	Tu	9:30-10:30A	\$34/\$42	Alisa/Georgia
Feb 27-Apr 17	Tu	9:30-10:30A	\$34/\$42	Alisa/Georgia
Jan 3-Feb 21	W	9:30-10:30A	\$34/\$42	Alisa/Georgia
Feb 28-Apr 18	W	9:30-10:30A	\$34/\$42	Alisa/Georgia
Jan 3-Feb 21	W	6-7P	\$34/\$42	Aneta/Georgia
Feb 28-Apr 18	W	6-7P	\$34/\$42	Aneta/Georgia
Jan 3-Feb 21	W	7:15-8:15P	\$34/\$42	Aneta/Georgia
Feb 28-Apr 18	W	7:15-8:15P	\$34/\$42	Aneta/Georgia

Location: George A. Leoni Complex Min/Max: 4/15

Guided Meditation

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.

Date	Day	Time	R/N Fee	Instructor
Jan 5-Mar 9	F	7-8A	\$34/\$42	Georgia
Mar 16-May 4*	F	7-8A	\$34/\$42	Georgia

Location: George A. Leoni Complex Min/Max: 3/15

*** No classes Mar 23, 30**

Jan 9-Feb 27	Tu	7-8A	\$34/\$42	Georgia
Mar 6-Apr 24	Tu	7-8A	\$34/\$42	Georgia

Location: Cimbalo Fitness Center Min/Max: 3/15

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.

Date	Day	Time	Fee*	Instructor
Ongoing	W	12-1P	\$1	Karin

Location: Grant Park

***Per class ages 55 and older. Class runs continuously.**



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)



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 4. 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 3 participants who lose the most amount of weight. Final weight losses will be calculated by percentages.

Date: January 9–April 12

Day: Tuesday 7-8PM
7-7:30PM workout
7:30-8PM group meeting

Location: Cimbalo Fitness Center

Fee: \$99 R / \$129 N

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