

FITNESS CENTER

Treadmills Exercise Bikes Free Weights Ellipticals
Men's & Women's locker rooms with showers

Weight Machines Flat Screen TV
Discounted Aquatics Pass



HOURS

Monday-Friday
5:30 am-8:30 pm

Saturday & Sunday
7:30 am-1 pm

The Fitness Center
will be closed on
these holidays:
Thanksgiving Day,
Christmas Eve,
Christmas Day, New
Years Eve, New Years
Day & Easter

MEMBERSHIP OPTIONS

Annual Membership Fees R/NR

Adult, 18 +

Individual: \$145/\$175

Family (2 members): \$235/\$265

Additional family member: \$75/\$85

Senior, 60 +

Individual: \$110/\$140

Super Senior, 60 +

Individual: \$85/\$105, Monday-Friday 10 am-3 pm only

High School Student

Individual: \$80/\$95, Must present a valid high school ID

Active Duty/Veteran Discount*

Individual: \$80/\$95, Must provide proof through discharge/active duty documents

Personal Trainer

The Fitness Center has a professional personal trainer. Working with a personal trainer is an excellent way to get in shape. Get a great workout doing cardiovascular and strength training for an hour for \$40.

To schedule an appointment call 847-818-3200, x238 or ntroy@rmparks.org

Passes are sold at the Nelson Sports Complex Ice Arena Office and Community Center. Admittance by membership pass only. Junior High students may be included in family membership, but must attend a one-time orientation.

Additional Memberships Fees

3 Month Pass

Individual: \$75/\$90

6 Month Pass

Individual: \$110/\$140

Preschool/Gymnastics/Skating

3 Month Pass

Individual: \$50, Must have child enrolled in current session

GROUP FITNESS CLASSES

FIT CLUB, ages 18+

Come join the Fit Club, a one-shop with hi/low cardio, piyo, strength and core training. Fit Club will help you develop better stamina, flexibility, balance and coordination. Inst.: Tammy Sopoci
Loc.: Twin Lakes Clubhouse

Code #	Day	Dates	Time	Fee R/NR
17-5314	Mon.	1/23-3/13	6:30-7:30 pm	\$39/\$59

POWER HOUR, ages 18+

Get ready for high rep, total body barbell workout is sure to provide the challenge you've been looking for to break fitness plateaus. The high energy tunes and varying tempos will have you grinning from ear to ear while sculpting a leaner, stronger you! Inst.: Kim L. Loc.: Twin Lakes Clubhouse

Code #	Day	Dates	Time	Fee R/NR
17-5316	Mon.	1/23-3/13	7:30-8:30 pm	\$39/\$59

CHAIR YOGA, ages 18+

Want to try yoga but can't sit on a mat for an entire class? Chair yoga allows you to enjoy the benefits of yoga, increased flexibility, balance, strength, overall health, and relaxation, without having to sit on the floor. Optional standing poses using the chair for balance and stability will be offered. You will learn to listen to your body and let your body be your guide. Inst.: Jim A.
Loc.: CC Dance Room

Code #	Day	Dates	Time	Fee R/NR
17-5301	Tue.	12/20-1/17	8:30-9:30 am	\$32/\$48
17-5302	Tue.	1/24-2/21	8:30-9:30 am	\$32/\$48
17-5401	Tue.	2/28-3/28	8:30-9:30 am	\$32/\$48

TRADITIONAL YOGA, ages 18+

The class includes basic breathing exercises and a variety of foundational postures. It is suitable for all levels including those who are inflexible, have chronic conditions or have never been to a yoga class. Participants must be able to get down to and up from the floor. A yoga mat is required and a block and strap are recommended. Inst.: Jim A.
Loc.: CC Dance Room No class 1/5, 2/2, 3/2.

Code #	Day	Dates	Time	Fee R/NR
17-5304	Tue.	12/20-1/17	9:30-10:30 am	\$32/\$48
17-5305	Tue.	1/24-2/21	9:30-10:30 am	\$32/\$48
17-5404	Tue.	2/28-3/28	9:30-10:30 am	\$32/\$48
17-5317	Thu.	12/29-2/9	8:30-9:30 am	\$32/\$48
17-5308	Thu.	2/23-3/30	8:30-9:30 am	\$32/\$48

WOMEN'S SELF DEFENSE, ages 16+

This class is designed to teach you how to get out and identify threatening situations. The class will cover the fundamental and principles of basic self-defense, with cardio training mixed in.
Loc.: CC Card Room

Code #	Day	Dates	Time	Fee R/NR
17-5300	Tue.	1/10-2/21	6-7 pm	\$60/\$80
17-5400	Tue.	2/28-4/11	6-7 pm	\$60/\$80

YOGA WITH LIZ, ages 16+

Have you ever wanted to try yoga? Do you want to do something that will impact your future health in a positive way? Yoga is for everyone, come try our class. Bring your own yoga mat. No class 3/21.
Inst.: Liz Brush Loc.: Park Central Banquet Hall

Code #	Day	Dates	Time	Fee R/NR
17-5306	Tue.	1/3-2/14	6-7 pm	\$54/\$74
17-5406	Tue.	2/21-4/11	6-7 pm	\$54/\$74

MUSCLE MAX, ages 18+

Increase bone density and lean body mass while working towards a stronger, fitter you! Participants will strength train using weights, elastic tubing and other equipment.
Inst.: Julie Wilson Loc.: Twin Lakes Clubhouse

Code #	Day	Dates	Time	Fee R/NR
17-5315	Tue.	1/3-2/21	7-8 pm	\$39/\$59

CORE FUSION, ages 18+

Learn to utilize and strengthen your core as you improve your body's overall strength. This class incorporates functional, traditional and Pilates based exercises. Stability Ball required. Ball carrier straps available for \$5. Inst.: Julie Wilson
Loc.: Twin Lakes Clubhouse

Code #	Day	Dates	Time	Fee R/NR
17-5312	Tue.	1/3-2/21	8-9 pm	\$39/\$59
17-5313	Thu.	1/5-2/23	7:30-8:30 pm	\$39/\$59

YIN YOGA, ages 18+

Suitable for almost all levels of students, Yin Yoga is a slow paced yoga style in which fewer and more passive floor poses are held for longer periods of time, typically about 5 minutes each. During the practice of holding poses for longer periods, the muscles are allowed to relax to gently permit the deeper connective tissue of the legs, hips, and spine to be affected by the poses. If you are interested in yoga but believe that traditional yoga may be too difficult for you, come give Yin Yoga a try. Bring a yoga mat and wear comfortable clothing. Inst.: Jim A. No class 1/5, 2/2, 3/2.
Loc.: CC Dance Room.

Code #	Day	Dates	Time	Fee R/NR
17-5303	Thu.	12/29-2/9	9:30-10:30 am	\$32/\$48
17-5403	Thu.	2/23-3/30	9:30-10:30 am	\$32/\$48

ZUMBA GOLD, ages 50+

This class is designed for the active older adult, beginners, people new to exercise or people who are limited physically. Zumba Gold is filled with the same Latin styles of music and dance but it's done at a low intensity. Zumba Gold classes strive to improve our balance, strength, flexibility and most importantly the heart! Inst.: Jenn Voss
Loc.: CC Dance Room

Code #	Day	Dates	Time	Fee R/NR
17-5318	Thu.	1/12-2/23	12:30-1:30 pm	\$35/\$53
17-5418	Thu.	3/2-4/6	12:30-1:30 pm	\$35/\$53

REGISTER ONLINE AT RMPARKS.ORG

ZUMBA, ages 18+

Zumba is a dance-fitness class that is Latin-inspired and combines fast and slow rhythms to tone and sculpt the body. The cardio-based dance movements are easy to follow so you don't need any dance experience to get moving in class. You won't even realize you're working out because you'll be having so much fun. Inst.: Jenn Voss
Loc.: CC Dance Room

Code #	Day	Dates	Time	Fee R/NR
17-5307	Thu.	1/12-2/23	6:30-7:30 pm	\$35/\$53
17-5407	Thu.	3/2-4/6	6:30-7:30 pm	\$35/\$53

CARDIO BLAST, ages 18+

This workout will consist of a variety of hi-lo, step and boot camp style exercises. This class is 30 minutes of cardio followed by 30 minutes of strength conditioning and abs.
Inst.: Patty Fugate Loc.: Twin Lakes Clubhouse

Code #	Day	Dates	Time	Fee R/NR
17-5311	Thu.	1/5-2/23	6:30-7:30 pm	\$39/\$59

TAI CHI, ages 50+

This program incorporates stretching and turning within a sequence of movements to improve the health of your body, mind and spirit. This course will enhance internal strength and energy while improving one's balance, vitality, and stamina. As an added feature, Tai Chi often relieves inner stress and helps to calm one's mind. This class can be done standing, sitting or in a wheelchair. No class 11/25. Inst.: Leslie Peet Loc.: CC Dance Room

Code #	Day	Dates	Time	Fee R/NR
17-9209	Fri.	12/23-2/3	9:30-10:30 am	\$30/\$40
17-9310	Fri.	2/10-3/24	9:30-10:30 am	\$30/\$40
17-9410	Fri.	3/31-5/12	9:30-10:30 am	\$30/\$40

BODY BLAST, ages 18+

This class mixes traditional calisthenic and body weight exercises with interval and strength training for an efficient and challenging workout. Join our P90X and Insanity certified instructor and see fast results. Inst.: Julie Watson
Loc.: Twin Lakes Clubhouse

Code #	Day	Dates	Time	Fee R/NR
17-5310	Sat.	1/7-2/25	8:30-9:30 pm	\$39/\$59

CRAZY CIRCUIT TRAINING, ages 18+

Timed circuit of aerobic exercise using bikes, steps, treadmills, etc. with strength plus endurance exercises using the weight training machines, free weights and other equipment in the fitness center. The benefits include a great total body workout that will increase your cardiovascular endurance, strength, lean muscle mass and bone density.
Inst.: Jenn Voss Loc.: Fitness Center

Code #	Day	Dates	Time	Fee R/NR
17-5309	Sun.	1/8-2/19	1-2 pm	\$35/\$53
17-5409	Sun.	2/26-4/9	1-2 pm	\$35/\$53

PERSONAL TRAINING

GET A GREAT WORKOUT FOR ONLY \$40/HOUR! IF YOU ARE INTERESTED IN SCHEDULING TRAINING, CALL US AT 847-818-3200.