



Open Gym & Adult Athletics

Open Gym Fees

Type:

Fitness Members:

Drop In (Basketball & Pickleball):

10x Punch Pass (Except Tot Time):

Tot Time/Table Tennis:

Price:

FREE

\$5R/NR

\$40R/NR

\$3R/NR

Open Gym Schedule:

Youth, Adult and Youth/Adult Open Gym times are offered each month. The monthly schedule is posted to our website prior to the start of each month.

Tot Time:

December: 27-29 9:00-10:30am

March: 26-28 9:00-10:30am

Table Tennis:

Wednesdays 11:30am-1:00pm and 6:00-8:00pm

Youth: 3rd-12th grade

Anyone under the age of 15 must be accompanied by an adult during Youth Open Gym.

Youth: 3rd-12th grade/Adult: Ages 18+

Anyone under the age of 15 must be accompanied by an adult during Youth/Adult Open Gym. Participants are expected to share gym space.

Open Gym is free for Fitness Members. Non-Members must purchase a drop-in pass or a 10X Punch Pass.

Please note: **ALL** Open Gym Times are subject to change. Park District staff may split the gym when deemed necessary. Please visit our website at wdparks.org or call the front desk at 630-595-9333 for updates.

Adult Athletics

Pickleball Skills and Drills

Beginner BEST Clinic:

Come join the pickleball craze! Coaches Barb and Ed will teach you the basics of pickleball and help prepare you for our open pickleball time. This 2-hour clinic will cover rules, scoring, court positioning, and proper pickleball strokes.

Ages: 18+ years			Fee: \$65 R / \$75 NR	
Session	Day	Time:	Date	Code
1	Thu	6:00-8:00pm	Jan 18	11027P
2	Sat	12:00-2:00pm	Mar 16	11028P

Location: Recreation Complex

Advanced Beginner/Intermediate BEST Clinic:

Ready to take your game to the next level? Coaches Barb and Ed will teach you how to play smarter, not harder! This 2-hour clinic will cover serves, serve returns, transition shots, playing at the non-volley zone, and finishing points.

Prerequisite: The ability to serve, dink, and rally back and forth a few times. If you don't meet this requirement, please see our Beginner BEST Clinic offerings.

Ages: 18+ years			Fee: \$65 R / \$75 NR	
Session	Day	Time:	Date	Code
1	Sat	12:00-2:00pm	Feb 17	11029P
2	Thu	6:00-8:00pm	Apr 18	22030P

Location: Recreation Complex



Fitness Promotions

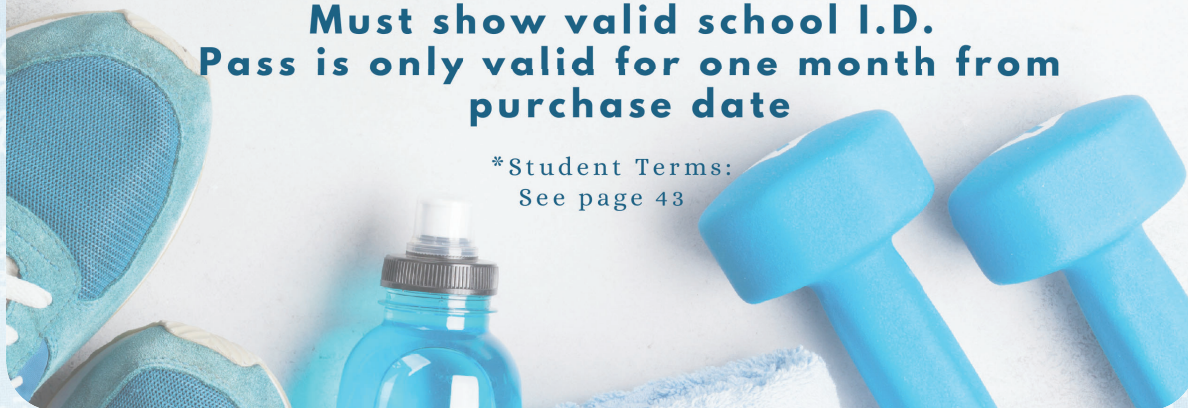
JOIN NOW

SPECIAL STUDENT FITNESS MEMBERSHIP

**December 1 – February 1 students*
can purchase a one-month membership
to our Fitness Studio for only \$10!**

**Must show valid school I.D.
Pass is only valid for one month from
purchase date**

*Student Terms:
See page 43



**Purchase an annual membership
between Dec 1-Feb 1 and receive
one month FREE and a Shaker Bottle**

**while supplies last*





FEBRUARY IS NATIONAL HEART MONTH!

We challenge you to take part in a challenge to work towards a healthy heart! Grab a bingo card from the Front Desk and complete challenges found in the boxes. Get a bingo? Mark it down on the card and send a picture to hkofoid@wdparks.org for a reward!

Valid through the month of February while supplies last. One per person. Must be an active Fitness Studio member.

Fitness Studio & Indoor Track Hours

**Subject to change. Please visit our website at www.wdparks.org or call the front desk for updated hours.*

Monday-Friday: 6:30am-8:00pm
Saturday-Sunday: 8:00am-2:00pm

Holiday Closures

Thursday, November 23 – Sunday, November 26 – Thanksgiving
Saturday, December 23 – Monday, December 25 – Christmas
Saturday, December 30 – Monday, January 1 – New Years Eve/Day

Track Pass Information

A one-time \$5 pass charge will be the only cost for using the track, both residents and non-residents of the Wood Dale Park District. Similar to Fitness Studio members, Track Pass holders are required to scan their card at the front desk each time they arrive at the Recreation Complex to use the track.

Personal Training Information

Personalize your workout experience. Your trainer will offer a health assessment your first session, enabling you to build an exercise routine specifically designed to meet your needs. Whether you are a daily gym goer or new to the fitness scene, you will experience quicker results with the aid of a Personal Trainer.

\$160 for (4) 60 minute sessions.

Additional packages available up request.

Additional Membership Information

Annual memberships paid in full receive discounted rate as outlined within the Annual Membership Fees. If you would like to sign up for an annual membership but have the fee come out automatically monthly, you will sign up for Electronic Fund Transfer (EFT) and must have current credit card on file. The monthly rate is reflected under Monthly Membership Fees. If you would like to pay for just one month, this can be done at the monthly rate without credit card on file.

SilverSneakers

SilverSneakers is a health and fitness program designed for adults 65+ that is included with many Medicare plans. A SilverSneakers membership provides the same benefits as a Fitness Studio membership. It includes use of the Fitness Studio, walking/jogging track, and open gym. Those wishing to participate must check their eligibility at SilverSneakers.com or call 888-423-4623



Memberships

Annual	R	NR
Individual	\$180	\$229
Couple	\$275	\$339
Family (3)	\$390	\$433
Senior (60 yrs+)	\$120	\$152
Student	\$140	\$161
Corporate	\$150	-

Annual memberships paid in full receive discounted rate listed above.

EFT/Monthly	R	NR
Individual	\$20	\$23
Couple	\$32	\$33
Family (3)	\$42	\$43
Senior	\$12	\$15
Student	\$14	\$16
Corporate Ind.	\$18	-
Daily	\$6	\$8

**Additional family members may be added to the Family Membership for \$50 each per year.*

Couple: 2 Persons permanently residing at one address.

Family: 3 Persons permanently residing at one address.

Student

College: *Full-time student current school I.D. and proof of full-time enrollment.*

High School: *15 – 18 years of age with current school I.D.*

Jr. High: *12 – 14 years of age with current school ID.*

*Must be accompanied by an adult 18 years+ passholder on each visit to the Fitness Studio
Minors must have a signed waiver by their parent/guardian*





Fitness and Wellness Classes

Cycle Journey

Indoor cycling simulates varied terrain rolling hills, sprints, jumps and other drills for a great interval workout. You control the resistance and pedal speed creating the right intensity for you. Bring plenty of water!

Fee: \$64R/\$74NR/ \$69 Corporate (8wks)

Ages: 18+ years		Time: 5:30-6:15pm	
Session	Day	Date	Code
1	Tue	Jan 9-Feb 27 (8 wks)	11600AJ
2	Tue	Mar 5-Apr 23 (8 wks)	22600AK
Location: Recreation Complex Instructor: Nikki Bittner			

T'ai Chi for Health

T'ai Chi for Health is a gentle, beautiful, and flowing exercise routine that is a joy to do, energizing and deeply relaxing; it brings health and vitality to all who practice it. The movements are all done naturally and gently. Students may choose to sit or stand, as needed, making this class suitable for all ages and abilities.

Ages: 13+ years		Time: 11:00am-12:00pm	Fee: \$99R/\$109NR
Session	Day	Date	Code
1	Thu	Mar 7-April 25	1112HFC
2	Thu	May 9-Jun 27	2211HFC
Location: The Woodlands at White Oaks Park, 111 S. Wood Dale Rd. Instructor: Seven Stars Martial Arts			



Cardio, Strength, and Sculpt

Ready to make a change in your body and get healthy? This class provides you with a Personal Trainer to guide you to the next level of fitness. Using body weight and Strength movements, learn how to sculpt your body for a healthier you! This class can be adapted to all fitness levels but be ready to show up and work hard for it.

Fee: \$64R/\$74NR/ \$69 Corporate (8wks)

Ages: 18+ years		Time: 5:30-6:15pm	
Session	Day	Date	Code
1	Thu	Jan 11-Feb 29 (8 wks)	11560AK
2	Thu	Mar 7-Apr 25 (8 wks)	22560AL
Location: Recreation Complex Instructor: Nikki Bittner			

Wellness Classes

Earthing

Earthing is the simple act of bringing your body into contact with the natural surface of the earth. In this class, you will see 'Earthing: The Movie' and learn how to use earthing boxes with grounding meditations and more! Earthing boxes are available to use during class. Please wear clean socks to class! Registration will start in May.

Ages: 13+ years		Time: 9:00am-12:00pm	Fee: \$50 R / \$60 NR
Session	Day	Date	Code
1	Sat	Jun 8	3312HFC
Location: The Woodlands at White Oaks Park, 111 S. Wood Dale Rd. Instructor: Seven Stars Martial Arts			

The Secrets to Living a Long Life

Today we are living longer than ever before, and a few of us can expect to live to 100 or more. However, many people feel that they will inevitably suffer the diseases of old age in their final years. This program discusses the most important things you can do in life, the things that are truly meaningful, and we cannot live without. This class is also available online. Registration will start in May.

Ages: 13+ years		Time: 1:00-3:00pm	Fee: \$50 R / \$60 NR
Session	Day	Date	Code
1	Sat	Jun 8	3311HFC
Location: Recreation Complex Instructor: Seven Stars Martial Arts			



Single Session Fitness Classes

Valentine's Day Zumba

A total workout, combining all elements of fitness – cardio, muscle conditioning, balance, flexibility, boosted energy and a serious dose of awesome each time you leave class, and this time its Valentine's Day themed! Show some love for Zumba fun and join us!

Ages: 18+ years		Time: 6:30-7:30pm	Fee: \$10 R / \$12 NR
Session	Day	Date	Code
1	Mon	Feb 12	1111HFC
Location: Recreation Complex		Instructor: Vanessa Mackay	

Blacklight Spin & Brunch

Join us for a blacklight spin fitness class that takes your workout to an entirely new dimension. In this immersive, neon-infused experience, we'll transport you into a world of vibrant colors, electrifying music, and heart-pounding cycling workout. After the class, enjoy a light spread of brunch foods to fuel you for your day. Wear your neon attire and join the crew! Space is limited. **Registration deadline Feb 10.**

Ages: 18+ years		Time: 8:30-9:30am	Fee: \$10 R / \$12 NR
Session	Day	Date	Code
1	Sat	Feb 17	11600AK
Location: Recreation Complex		Instructor: Nikki Bittner	

Mimosas and Yoga

Feeling tired? Burnt out? Maybe you just need some quality "me" time? Join us in solidarity as we experience the art of Restorative Yoga. Restorative Yoga was created to breathe life back into the individual whose physical and mental health has been tarnished from the stress of modern-day life. The healing doesn't stop there though! After the yoga segment, come and join us for some Mimosas!

Ages: 18+ years		Time: 9:00-11:00am	Fee: \$15 R / \$18 NR
Session	Day	Date	Code
1	Sat	Apr 27	2212HFC
Location: Salt Creek Golf Club-1051 N Prospect Ave, Ste A		Instructor: Amanda Woods	



Rock N' Roll Boot Camp

Get ready to unleash your inner rock star in our "Rock N' Roll Boot camp," where we fuse the high-octane energy of rock and roll with heart-pounding fitness routines. This fitness class is designed to work on your strength and stamina using a variety of equipment. Dress to the theme and join us for a fun class full of energy! **Registration deadline May 4.**

Ages: 18+ years		Time: 8:30-9:30am	Fee: \$10 R / \$12 NR
Session	Day	Date	Code
1	Sat	May 11	22600AL
Location: Recreation Complex		Instructor: Nikki Bittner	

