



## Fitness Studio & Indoor Track Hours

Monday - Thursday: 6:30am - 9:00pm  
 Friday: 6:30am - 8:00pm  
 Saturday: 8:00am - 2:00pm  
 Sunday: 8:00am - 12:00pm

*Hours subject to change. Please visit our website at [wdparks.org](http://wdparks.org) or call the front desk for updated hours.*

## Track Pass Information

For a one-time fee of \$5, Wood Dale Park District residents and non-residents can purchase a Track Pass. 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. Access to the Fitness Studio is **not** permitted with a Track Pass.

## 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.

*\$200 for (4) 60 minute sessions.  
 Additional packages available up request.*

## Membership Information

Annual memberships paid in full receive a discounted rate, as detailed in the Annual Membership Fees. If you prefer to pay for an annual membership on a monthly basis, you can sign up for Electronic Fund Transfer (EFT) and must keep a current credit card on file. Alternatively, you can choose to pay for just one month at the monthly rate without needing to keep a credit card on file.

For Corporate rates, employee must be employed by a company residing within the City of Wood Dale boundaries, provide verified employment on company letterhead, and present a valid photo ID.

**Membership includes:** Locker room and showers, Open Gym, Fitness Studio, and indoor track. **Lockers Available! \$50.00 for annual locker rental.**

## SilverSneakers

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



## Memberships

Annual	R	NR
Individual	\$185	\$234
Couple	\$280	\$345
Family (3)	\$395	\$438
Senior (60 yrs+)	\$125	\$157
Student	\$145	\$166
Corporate Ind.	\$155	-

*Annual memberships paid in full receive discounted rate listed above.*

EFT/Monthly	R	NR
Individual	\$25	\$28
Couple	\$37	\$38
*Family (3)	\$47	\$48
Senior	\$17	\$20
Student	\$19	\$21
Corporate Ind.	\$23	-
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 I.D.*

*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!

**Session 1 Fee:** \$40 R / \$50 NR / \$45 Corporate (5 wks)

**Session 2 Fee:** \$48 R / \$58 NR / \$53 Corporate (6 wks)

**Session 3 Fee:** \$32 R / \$42 NR / \$37 Corporate (4 wks)

Ages: 18+ years		Time: 5:30 - 6:15pm	
Session	Day	Date	Code
1	Tue	Apr 30 - May 28 (5 wks)	33600NB
2	Tue	Jun 11 - Jul 16 (6 wks)	33611NB
3	Tue	Aug 13 - Sept 3 (4 wks)	33622NB
<b>Location:</b> Recreation Complex		<b>Instructor:</b> Nikki Bittner	

## 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.

**Session 1 Fee:** \$40 R / \$50 NR / \$45 Corporate (5wks)

**Session 2 Fee:** \$32 R / \$42 NR / \$37 Corporate (4 wks)

Ages: 18+ years		Time: 5:30 - 6:15pm	
Session	Day	Date	Code
1	Thu	May 2 - May 30 (5 wks)	33560NB
2	Thu	Aug 15 - Sept 5 (4 wks)	33561NB
<b>Location:</b> Recreation Complex		<b>Instructor:</b> 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: \$99 R / \$109 NR
Session	Day	Date	Code
1	Thu	May 9 - Jun 27	2211HFC
2	Thu	Jul 18 - Sep 5	3313HFC
<b>Location:</b> The Woodlands at White Oaks Park, 111 S. Wood Dale Rd.			
<b>Instructor:</b> Seven Stars Martial Arts			



## Chair Yoga

Chair yoga is a seated practice that adapts traditional yoga poses, incorporating gentle stretches, breathing, and meditation for improved flexibility and relaxation, making it accessible to all participants, regardless of abilities.

Ages: 18+ years		Time: 10:00 - 11:00am	Fee: \$75 R / \$85 NR
Session	Day	Date	Code
1	Wed	Jun 5 - Jul 3	3314HFC
<b>Location:</b> Recreation Complex		<b>Instructor:</b> Chicago Loves Dance	





## Aqua Fit

Aqua fitness is a great way to build muscle strength, coordination, endurance, flexibility, and aerobic conditioning. While the water provides a low-impact exercise environment, that doesn't mean it's a low energy class! All levels are welcome. Please bring water and a towel. Water shoes are encouraged, but not required.

**No class July 4.**

**Fee:** \$40 R / \$50 NR / \$45 Corporate

<b>Ages:</b> 18+ years		<b>Time:</b> 5:45 - 6:30pm	
Session	Day	Date	Code
1	Th	Jun 13 - Jul 18	33633NB
<b>Location:</b> Beach Waterpark		<b>Instructor:</b> Nikki Bittner	

## Zumba

Dance your worries away with high energy Latin-based music and the unique moves of Zumba. This “feel-happy” workout is great for both the body and mind. Class is appropriate for all levels. **No class on July 8.**

<b>Ages:</b> 18+ years		<b>Time:</b> 6:30 - 7:30pm	<b>Fee:</b> \$70 R / \$80 NR
Session	Day	Date	Code
1	Mon	Jun 17 - Aug 5	3315HFC
<b>Location:</b> Recreation Complex		<b>Instructor:</b> Vanessa Mackay	



## Wellness Class

### 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!

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