

SAVE THE DATE



MEN'S 16" & CO-ED 14"

THURSDAY, AUGUST 1 - SUNDAY, AUGUST 4



BOCCE BALL TOURNAMENT

SATURDAY, AUGUST 3 - SUNDAY, AUGUST 4

FOR MORE INFORMATION PLEASE CHECK PAGE 67.

INDOOR TRACK IN THE GRANT PARK GYM

44 W. GOLFPVIEW DRIVE
NORTHLAKE

Come enjoy our temperature controlled indoor track. Get your recommended daily exercise.

14 laps around the track equals one mile.

Ballroom Dance

CLASSES

Cha-Cha, Tango, Swing, Rumba, Waltz and Fox Trot through weddings, reunions, parties, cruises or just a night on the town.

This is a great way to exercise, while having fun. Learn new dances or perfect your skills.

Date	Day	Time	Code #
May 7-Jun 11	Tu	8:15-9:30 PM	11121E8
Jun 18-Jul 23	Tu	8:15-9:30 PM	11121E8

Location: Kahl Park

Fee per person: R \$50/N \$55 per session

Fee per couple: R \$80/N \$85 per session

Instructor: Donna Borowiak

Minimum of 3 couples or 6 individuals required to run the class.



**MEMBERSHIPS STARTING
AT \$160 PER YEAR FOR ADULTS
(UNDER \$14 PER MONTH)**

**VPD CIMBALO
FITNESS CLUB
MEMBERSHIPS**

**1203 N. 24th, Melrose Park
(708) 343-5151
veteransparkdistrict.org/msc.html**

**Cup O Joe
VETERAN TALK**

Cup O Joe is a monthly veterans coffee talk and get together. Come and enjoy the camaraderie of other veterans over a hot cup of coffee and fresh pastries.

1942
Day: Tuesdays
Dates: March 19, April 16, May 21
Time: 9-10:30 AM
Location: Cimbalo Veterans Museum

Free

**Please call and register
for this event in advance.**

CIMBALO FITNESS CENTER AND MUSEUM

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

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.

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.



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

TANNING BED

(15 minutes, usage is restricted to individuals 18+)
 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

Aerobics Room:

Fitness videos are available at the front desk.

Circuit Training Area:

Various Circuit Training Machines

Circuit training now included in membership fee.



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*	Code #
Ongoing	W	12-12:45 PM	\$1	344008

Location: Grant Park

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

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.

Date	Day	Time	R/N Fee	Code #
SESSION 1				
Feb 12-Mar 19	Tu	7-8 PM	\$34/42	344008
SESSION 2				
Apr 2- May 7	Tu	7-8 PM	\$34/42	344008

Location: Kahl Park

Min/Max: 6/20



OUTDOOR EXERCISE TRACKS

Gouin Park
2400 Scott St.
Franklin Park

1 ¾ laps around
the track equals
one mile

Grant Park
44 W. Golfview Dr.
Northlake

2 ¼ laps around
the track equals
one mile

Bulger Park
1601 Hirsch St.
Melrose Park

3 ¼ laps around
the track equals
one mile



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.