

Sports Arena Fitness Studio

Sports Arena and Fitness Studio

847-746-5500 ext. 460

Fitness Studio

A serious workout required serious equipment. The Fitness Studio at the Leisure Center is equipped with the latest in cardio, plated machines and free weight equipment.

A first class free weight area is equipped by Magnum Fitness, the leader in free weights. The large area has mirrored walls and flooring to handle the load. The plated weight machines offer multi-joint and multi-plane movements. Weight stacks are located for optimal access while in the exercise position. Clearly visible and easy to read instructions on each piece make the area approachable for any level user from novice to advanced. The cardio options include Star Trac treadmills, recumbent and upright bikes and elliptical machines. The area also features the Cybex Arc trainer, another total body workout machine.

Fitness Studio Hours of Operation

Monday-Friday	6:00 am-9:00 pm
Saturday	7:00 am-6:00 pm
Sunday	9:00 am-5:00 pm

Summer Special Membership Pass

Fitness and Swim

This special pass that will be good for two months, purchase any time May 1 through June 15. Pass use dates are limited to the start date of June 5 and end date August 15. This pass entitles you to unlimited use of the fitness studio and lap swim at Port Shiloh Pool. Lap swim is available from 12:00-12:45 Monday through Friday and 6:00-7:00 pm Tues. and Thurs. or you may attend the Tues., Thurs. water aerobics class with this pass. Limited availability so act fast to get in on this deal for the summer season. Fee: \$95. (Valued at \$188.00)

Teen Boot Camp

Get off the couch and get moving! Empower teens with the skills and knowledge to get fit and stay on the right path to a healthy lifestyle. Teens will learn about health and fitness through workouts and education. Workouts will include cardio exercises, full body strength training, agility training, balance and flexibility exercises. Our certified instructor will make getting fit FUN!

Codes	Ages	Date	Day	Time
2-1065-1	11-14	7/12-7/16	Mon.-Fri.	10:30-12:00 pm

Location: Leisure Center

Fee: \$40/R \$52/NR



Sports Arena

The sports arena houses a 1/10 mile, three lane walking track as well as two full basketball courts and 4 full volleyball courts. We also have two batting cages available for set up. One has a softball pitching machine and one has a baseball pitching machine. We offer a variety of leagues and multi-use activities.

Walking Track Hours

Mon-Fri	6:00 am-11:00 am
Mon, Tues, Fri	4:00 pm-6:00 pm
Wed, Thurs	4:00 pm-7:00 pm
Sat	7:00 am-8:00 am 4:00 pm-6:00 pm
Sun	9:00 am-11:00 am 4:00 pm-5:00 pm

Open Play Hours

Mon-Fri	6:00 am-9:00 am	Basketball	16 and up
	Noon-2:30 pm	Basketball	16 and up
Thursday	6:00 pm-9:00 pm	Basketball	16 and up
Sunday	1:00 pm-3:00 pm	Basketball	all ages
	3:00 pm-5:00 pm	Basketball	16 and up

Membership Rates

Individual Full Facility	\$399 annual/\$38 month
Individual Sports Arena	\$159 annual/\$20 month
Family of 2 - Full Facility	\$699 annual/\$66 month
Family of 3 - Full Facility	\$949 annual/\$85 month
Family of 4 - Full Facility	\$1,099 annual/\$100 month

Daily Fees

Full Facility	\$8.00
Fitness Studio	\$6.00
Walking Track	\$2.00
Sports Arena	\$3.00
Batting Cages	\$5.00

Facility Rental Fees

1 - Volleyball Court	\$30.00/hr
2 - Volleyball Courts	\$55.00/hr
4 - Volleyball Courts	\$110.00/hr
1 - Basketball Court	\$55.00/hr
2 - Basketball Courts	\$110.00/hr
Gymnasium	\$40.00/hr
Batting Cages	\$20.00/hr

Summer Child Care Hours

For the summer season starting June 1, 2010 our child care center will be by appointment only. If you would like to use the child care center in the morning please contact the registration desk at 847-746-5500 ext. 460 by 6:00 p.m. the evening before. If you would like to use the child care services in the late afternoon or evening please contact the desk by noon of that day.

Time Limit 2 hours per visit

Ages: 2-10

Fees: \$2.00 members

\$3.00 non-members

