

Sports Arena and Fitness Studio

847-746-5500 ext. 460

Fitness Studio

A serious workout requires 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

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
	11:30 am-2:30 pm	Basketball 16 and up
Wed	7:00 pm-9:00 pm	Volleyball 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

Facility Rental Fees

1-volleyball court	\$30.00 per hour
2-volleyball courts	\$55.00 per hour
4-volleyball courts	\$110.00 per hour
1-Basketball court	\$55.00 per hour
2-Basketball courts	\$110.00 per hour
Gymnasium	\$40.00 per hour
Batting Cages	\$20.00 per hour

For room rentals and party packages see pages 10 and 16

Child Care Center

Mon-Fri 9:00 am-11:30 am
Mon-Fri 4:30 pm-7:00 pm
Sat 9:00 am-11:00 am

Time Limit 2 hours per visit

Ages: 2-10

Fees: \$2.00 members
\$3.00 non-members

Membership Rates

Individual Full Facility

Includes sports arena entry when available, fitness studio entry and one 10 punch trial card for any fitness class. Monthly includes a 3 punch trial card.

Annual \$399.00
Monthly \$38.00

Individual Sports Arena

Includes use of all amenities in the sports arena including open play basketball, volleyball and dodgeball, walking/running track and batting cages.

Annual \$159.00
Monthly \$20.00

Family of 2-full facility

\$699.00 annual/ \$66.00 month

Family of 3-full facility

\$949.00 annual/\$85.00 month

Family of 4-full facility

\$1099.00 annual/ \$100.00 month

Daily Fees

Full facility	\$8.00
Fitness Studio	\$6.00
Walking Track	\$2.00
Sports Arena	\$3.00

Black Mamba Agility Training

Agility training is key for athletes in all sports. The fluid movement of the body during competition will take your game to a new level. Black Mamba agility training develops the mind/body connection. The sessions will focus on speed, power, readiness, endurance and quickness. The benefits of this training sessions enhance performance in any athletic endeavor.

You might spend hundreds of dollars for this kind of training elsewhere. Coach Derrick Lee will take you to the next level right here at the Leisure Center Sports Arena and Fitness Studio.

Classes begin February 18 - March 13

Session are twice a week for a four week period

Beginner level (K-4th grade)	\$45.00
Thurs 5:15-6:10	Sat 3:15-4:10
Intermediate (5th-8th grade)	\$70.00
Thurs 6:15-7:10	Sat 4:15-5:10
Advanced (9th grade and up)	\$100.00
Thurs 7:15-8:10	Sat 5:15-6:10