



Fitness Studio

Leisure Center, 2400 Dowie Memorial Drive / 847-746-5501

Hours of Operation: Mon-Fri 7am-12pm & 4pm-7pm, Sat 7am-12pm, Closed Sun

The Zion Park District will reopen the Fitness Studio for members on Monday, June 29, 2020 following guidelines from the Illinois Department of Commerce and Economic Opportunity for Phase 4 of the Restore Illinois Plan.

Important information:

- To start Phase 4, the fitness center will be available to members only.
- For prepaid members, your membership will be extended.
- For questions, email info@zionparkdistrict.org or call 847-746-5500 Mon to Fri from 8am to 4pm.

New Workout Guidelines:

- Members will be required to wear face mask while inside the facility common areas (lobby, hallway, and restrooms).
- Members will need to arrive at the facility in workout attire with personal water bottle.
- Equipment available for use by members will be separated 6 feet apart when possible.
- Some machines and/or equipment will be closed to create social distance between members.
- Members must enter through the lower level north doors.
- Members will be required to clean equipment using disinfecting wipes BEFORE and AFTER each use.
- Hand sanitizer will be available.
- Fitness center will be marked to identify specific areas of use: aerobic, free weight, circuit and individual equipment.
- Members must follow social distancing of 6 ft.
- If specific machines are not 6 feet apart member must wait their turn before proceeding.
- Supervisor will monitor fitness areas and enforce social distancing guidelines.

Fitness Studio Capacity:

- Capacity of the fitness studio will be 20 members at one time.
- If the capacity of the Fitness Studio is met, members will be required to wait outside until a space becomes available.
- Please call 847-746-5501 to inquire about availability. There is no guarantee that a spot will be open when you arrive.

Member Amenities:

- Cardio machines
- Strength and weight machines
- Free weights

Currently Unavailable:

- Lockers
- Locker rooms & showers
- Childcare
- Water fountains
- Indoor walking track and open gym
- Benches and lobby seating
- Concessions

Information is subject to change as additional guidelines become available from state-wide agencies providing safety guidance regarding Phase 4 of the Restore Illinois Plan.