

COMMUNITY

FITNESS CENTER

A FACILITY OF PALATINE PARK DISTRICT

NEWSLETTER

SUMMER 2022

HOURS

MONDAY-FRIDAY

6:00am-9:00pm

SATURDAY

7:00am-3:00pm

SUNDAY

7:00am-3:00pm

CLOSED

July 3, July 4, September 5

palatineparks.org • 847.496.6275

FITNESS CENTER MEMBERS,

Welcome to the Summer edition of the Community Fitness Center Newsletter! Hope everyone had a great spring even though the weather was not the best. Look below for what spring has brought and what to look forward to in the summer months.

NEWS AND UPDATES

- In April, we had a pop-up *Fruit Friday*. Apples, bananas, and granola bars were provided to members. Pop-Up Treat days will continue throughout the year.
- In May, the fitness center had a preventative maintenance visit from the fitness connection. This visit is essential to keeping our machines working properly. Currently, there are shipping delays to get additional parts. Some machines may be down longer because of this.
- The fitness center closes at 3:00pm on Saturdays through Labor Day, September 5.
- **30 for 30 Summer Check-In Challenge:** this challenge runs through August 31. If you check-in to the fitness center at least 30 times during the summer, you will get a 1-month membership extension! In addition, you get automatic entry into a raffle for the grand prize of a cooler, portable speaker and grilling utensil set for the end of summer barbecues! Make sure to get your 30 workouts in!
- **Reminder to members:** everyone should wipe down equipment before and after each use.

Questions? Contact Alec Owens, Assistant Facilities Manager at 847.496.6228 or aowens@palatineparks.org.

INTERESTED IN PERSONAL TRAINING?

Contact Alison Shariatzadeh, Recreation & Fitness Program Coordinator at ashariatzadeh@palatineparks.org for more information.



STAFF SPOTLIGHT

KATHY RAGAN

Kathy Ragan has been with the Fitness Center team for over six years. Kathy worked as a flight attendant for United Airlines for 44 years. She mostly flew on international flights travelling all over the world. Kathy is married with two kids and six grandkids. Kathy loves talking with members and creating a sense of community. Participants come to see Kathy for her outgoing personality and support. Kathy also coordinates with the C.A.R.E. (Children's Activity, Recreation and Enrichment) program for the kids to display their art throughout the fitness center.



HONEY-LIME TILAPIA AND CORN FOIL PACK

HEALTHY PASTA RECIPE

Prep Time: 10 minutes

Cook Time: 15 minutes

Total Time: 25 minutes

Servings: 4

INGREDIENTS:

- 4 (6-oz.) tilapia fillets
- 2 tbsp. honey
- 4 limes, thinly sliced
- 2 ears of corn, shucked
- 2 tbsp. fresh cilantro leaves
- ¼ cup extra-virgin olive oil
- Kosher salt
- Freshly ground black pepper

INSTRUCTIONS:

1. Heat grill to high. Cut 4 sheets of foil about 12" long.
2. Top each piece of foil with a piece of tilapia. Brush tilapia with honey and top with lime, corn, and cilantro. Drizzle with oil and season with salt and pepper.
3. Fold each foil pack crosswise over to completely cover the food mixture. Roll top and bottom edges to seal.
4. Grill until tilapia is cooked through and corn is tender, about 15 minutes.

Source: <https://www.delish.com/cooking/recipe-ideas/recipes/a47498/honey-lime-tilapia-and-corn-foil-pack-recipe/>

PROMOTIONS

- Beginning August 1, we are having our Back to Fitness special! If you know someone looking to get back to working out, this deal is for them. Any new member that purchases a monthly basic Fitness Membership in August, will have their first month fee and initiation fee waived.
- Referral Program—this is an ongoing promotion. Refer a friend to sign up for a membership at the Community Fitness Center and both of you receive a one-month extension!



ZUMBA POOL PARTY WEDNESDAY, JULY 20

6:30PM-8:00PM
PROG#: 322130-16
FAMILY AQUATIC CENTER

Join the Park District Staff for an evening of Latin Dance on deck and in the water with raffles, snacks, fun and fitness.

Pre-Registration fee: \$10R/\$12NR
Day of Registration: \$12

SAVE THE DATE TURKEY TROT 2022

NOVEMBER 24
2 MILE & 5 MILE
MORE DETAILS COMING SOON!