

COMMUNITY

FITNESS CENTER

A FACILITY OF PALATINE PARK DISTRICT

NEWSLETTER

WINTER 2023

HOURS

MONDAY-FRIDAY

6:00am-9:00pm

SATURDAY

7:00am-5:00pm

SUNDAY

7:00am-3:00pm

CLOSES AT NOON

December 24, December 31

CLOSED

December 25, January 1



palatineparks.org • 847.496.6275

FITNESS CENTER MEMBERS,

Thanks for reading the Winter edition of the Community Fitness Center Newsletter! Hope everyone has been able to accomplish or keep up with their fitness goals for the year. I wish everyone a safe and happy holiday season!

NEWS AND UPDATES

- Staff purchased 8 new stretching mats and a rack system in the Stretching Room.
- In November, the bi-annual equipment maintenance was completed with all equipment in good working order.
- Cold weather reminders: Remember to bring a change of shoes while coming to the fitness center during the winter months. The Fitness Center has cubby-holes and shoe trays to store wet boots/shoes. We want to keep the equipment free of salt to the best of our ability.
- Reminder to members: Every member should wipe down equipment before and after each use.
- Be on the lookout for different challenges, prizes, and giveaways in 2023!
- Rates are increasing in 2023. An email was sent out in November. See staff with any questions.
- Annual Member survey coming in February.
- The Fitness Center had an open house on Saturday, December 10.



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.

MEMBER SPOTLIGHT

GUS SPIZZIRRI

Gus Spizzirri joined the Community Fitness Center shortly after moving to Palatine in 2019. He quickly made an impression on many of our members and staff, because of his commitment to his health and the center. He has checked in just about everyday since his membership began, four years ago. He also has shared many great stories from his days in the Army to his 41 years spent at a telephone company. He truly is a great inspiration and hope he continues to meet his fitness goals!

PROMOTIONS

- **\$30 for 3-Months Special:** On sale November 1-December 31. The \$25 initiation fee is waived for all new members. First three months of membership is \$30. Regular membership rates apply starting on the fourth month.
- **Home for the Holidays Pass:** For students ages 14–24 with a valid student ID. On sale from November 21–December 21, for \$20 you get a 60-day basic membership.
- **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!





GINGER-SCALLION CHICKEN MEATBALLS WITH A SESAME-SOY GLAZE

Total Time: 45 minutes | Servings: 4

INGREDIENTS

MEATBALLS

- 1 large egg, whisked
- 1 teaspoon kosher salt
- 2 scallions, finely chopped
- 2 garlic cloves, minced
- 1 teaspoon fresh ginger, grated
- Scant ½ cup panko breadcrumbs
- 1 ½ pounds ground chicken

SAUCE

- 3 ounces soy sauce
- 1-ounce unseasoned rice vinegar
- 1 tablespoon brown sugar
- ¼ teaspoon sesame oil
- 2 teaspoons grated ginger
- 1 garlic clove, grated
- ¼ onion, grated
- 1 tablespoon corn starch

INSTRUCTIONS:

1. Make the Meatballs: Preheat the oven to 400°F. Line a baking sheet with aluminum foil and spray lightly with nonstick spray.
2. In a large bowl, combine the eggs, salt, scallions, garlic, ginger, and panko. Add the ground chicken and, using clean hands, mix until combined.
3. Using your hands or a spoon, form the mixture into golf-ball-size meatballs and arrange on the prepared baking sheet, spacing the meatballs about 1 inch apart. (You may need to bake them in batches.) Bake until the meatballs are browned and fully cooked (the internal temperature reads 165°F on an instant-read thermometer), 20 to 25 minutes. At this point, the cooked meatballs can be stored in an airtight container in the freezer for up to 1 month.
4. Make the Glaze: In a small saucepan, combine the soy sauce, rice vinegar, brown sugar, sesame oil, ginger, garlic, and onion and bring to a gentle simmer.
5. In a small bowl, combine the cornstarch with 1 tablespoon cold water and whisk to combine. Add the cornstarch slurry to the soy-sesame mixture, whisking constantly until the sauce thickens slightly. Remove from the heat and set aside.
6. To serve, gently toss the meatballs in the glaze or serve on the side for dipping. To make a rice bowl, serve with steamed white rice and assorted raw vegetables, such as sliced carrots, sliced cucumbers, shredded cabbage, and sliced scallions. Garnish with sesame seeds.

NUTRITION FACTS

328 CALORIES | 16G FAT | 13G CARBS | 34G PROTEIN | 3G SUGARS

Source: <https://www.purewow.com/recipes/ginger-scallion-chicken-meatballs-sesame-soy-glaze>

JINGLE BELL ZUMBA PARTY



WEDNESDAY, DECEMBER 21
BIRCHWOOD RECREATION CENTER

6:00PM-8:00PM
PROG#: 422160-15

\$10R/\$12NR • DAY OF REGISTRATION \$12

Dress in your best Holiday attire for this special Jingle Bell Zumba party session on Wednesday, December 21 at Birchwood Recreation Center.



JUMP START TRAINING

AGE: 14+ YEARS

3 SESSIONS
30 MINUTES EACH
FEE: \$99

Never worked with a personal trainer before? Get a jump start to achieving your fitness goals with this training package. Trainers will provide you with actionable steps you can take immediately to get you progressing in the right direction to reach your goals.



For more information about Jump Start Training, contact Alison Shariatzadeh, Recreation and Fitness Program Coordinator at 847-496-6214 or ashariatzadeh@palatineparks.org.

INDOOR TRIATHLON EVENT

TRI YOUR LUCK! SWIM, BIKE, RUN

SUNDAY, MARCH 12 • 7:00AM
10 MIN SWIM, 20 MIN BIKE, 15 MIN RUN

HARPER COLLEGE • 1200 W. ALGONQUIN RD, PALATINE
PROG#: 240200-01 | \$35 PER PERSON | MAX: 48

Don't miss this special indoor triathlon event for athletes of all levels! Participants are invited to *Tri* their luck with this event. The three activities include a 10 minute swim in the indoor pool, 20 minutes of riding on a stationary spin bike, and a 15 minute run on the indoor track. Limited to 48 participants. All participants will receive a medal, goody bag, and refreshments.

