

# COMMUNITY

## FITNESS CENTER

A facility of Palatine Park District

		BASIC FIT PASS	
		MONTHLY <i>On going month to month</i>	ANNUAL
Individual Adult		\$16R/\$20NR	\$169R/\$211.25NR
Additional Family Member		\$14R/\$17NR	15% Discount
Youth (14-18) • Senior (62 +)		\$15R/\$18NR	10% Discount
		PREMIUM FIT PASS* <i>On going month to month</i>	
		MONTHLY	
Individual Adult		\$54R /\$68NR	
		SHORT TERM OPTION	
		BASIC	PREMIUM
Daily		\$8	\$12
10 Punch		\$50 Youth/\$60R/\$70NR	\$98

\*Includes weekly classes!

### INITIATION FEE

\$25 per Household  
Additional family members must reside in the same household.

### GROUP EXERCISE

Fitness schedule subject to change:  
please visit [palatineparks.org](http://palatineparks.org) for the most up to date class schedule.


### MEMBERSHIPS INCLUDE



Fitness Center Access  

Open Gym/Turf Pass  

CC/Falcon Walking Pass  

Discounted PT/Individual Group Fitness Classes  

Access to Basic and Premium Pass Group Exercise classes 

**BASIC MEMBERSHIP**   
**PREMIUM MEMBERSHIP** 

NO ANNUAL MAINTENANCE FEE!

### FACILITY AMENITIES

- Cardio and strength equipment, free weights
- Balance, core, plyometric equipment
- Stretching area
- TV's/WiFi
- Locker room with showers
- 14-lap mile indoor track

## AMENITIES

- Variety of Cardio and Strength Equipment
- Balance, Core and Plyometric Equipment
- Free Weights ranging from 5 to 75 lbs
- Stretching Room
- Men and Women Locker Rooms with showers
- 14-lap mile indoor track
- 4-lap mile outdoor track

## WALKING/JOGGING TRACK

An indoor 14-lap/mile track is available at Community Center. Passes are required and are free for members and residents. For daily updates on track hours visit [palatineparks.org](http://palatineparks.org). Stroller hours are Monday–Friday, 9:00am–12:00pm.

## OPEN GYM & OPEN TURF

Open Gym is available at Birchwood Recreation Center, Community Center, and Falcon Park Recreation Center throughout the year. Open Turf is available only at Falcon Park Recreation Center. Visit [palatineparks.org](http://palatineparks.org) or use the PalatineParks mobile app for daily updates.



## PERSONAL TRAINING

Individualize your exercise program to meet your needs and goals.

Regardless of your age or fitness level, personal training is a great investment in yourself.

Our certified personal trainers have expertise with all ages and fitness levels in addition to specialty sports training and injury rehabilitation. Your trainer will design an exercise program that will help you reach your fitness goals.

Sessions can be purchased at the Fitness Center desk during regular hours of operation.



SESSIONS	LENGTH	FEE	PASS CODE
10	30 minutes	\$260	FCPT3010
20	30 minutes	\$480	FCPT3020
1	60 minutes	\$54	FCPT0001
5	60 minutes	\$260	FCPT6005
10	60 minutes	\$480	FCPT6010

PUSH ACTION IMPROVE HUNGER STRENGTH LIVELY ACCOMPLISHMENT  
 DETERMINATION RESOLUTION POWER EXERCISE HEALTHY VISION GOALS DREAM  
 DESIRE MOTIVATION LIFE STYLE WELLNESS ACTIVE DILIGENCE FOCUS AMBITION SUCCESS  
 COMMITMENT PUSH ACTIVE DILIGENCE FOCUS AMBITION SUCCESS  
 CONSISTENCY ACHIEVEMENT DEDICATION MOVEMENT ENDURANCE POWER CONCENTRATION ASPIRATION DRIVE

Contact Community Fitness Center at [palatineparks.org](http://palatineparks.org) or 847-496-6275 for questions.