

COMMUNITY

FITNESS CENTER

A FACILITY OF PALATINE PARK DISTRICT

NEWSLETTER

SPRING 2023

HOURS

MONDAY-FRIDAY

6:00am-9:00pm

SATURDAY

7:00am-5:00pm

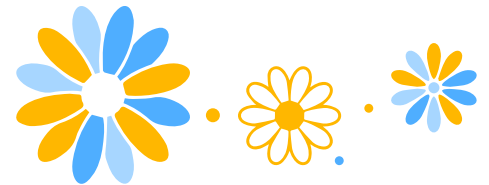
SUNDAY

7:00am-3:00pm

CLOSED

April 9, May 29

palatineparks.org • 847.496.6275

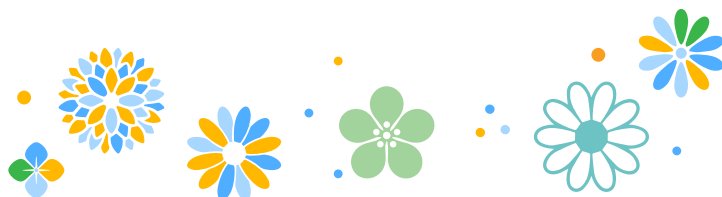


FITNESS CENTER MEMBERS,

Thanks for reading the Spring edition of the Community Fitness Center Newsletter! We will highlight what winter has brought and what to look forward to in the spring!

NEWS AND UPDATES

- The annual member survey was sent out Tuesday, February 14. Thank you to all who completed the survey. We appreciate the feedback! Anyone who completed the survey, was entered into a drawing for a new Fitbit Luxe fitness tracker.
- The March Madness Check-In challenge returned for 2023! The challenge runs through the end of March. If you check-in to the fitness center at least 15 times during the month of March, you will be entered to win a 3-month membership extension!
- Be on the lookout for the March Madness college basketball Final Four Pick em'.
- Wednesday, April 5 is National Walking Day. Make sure to get those steps in! Facts about walking will be placed around the Fitness Center.
- Did you know that your fitness membership includes some group exercise classes? Drop-in and try a group exercise class.
- **Reminder to members:** Every member 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.

GAME DAY CHALLENGE WINNERS

Congratulations to Santhi Surapaneni, Mark Stevens and Ronnie Villar! They each received two months free of their memberships for being the winners of the Game Day challenge 2023. To qualify for the drawing, members needed to check-in at least five times during the two weeks leading up to the Super Bowl.



RONNIE VILLAR

PROMOTIONS

- **Spring Break Punch Pass:** Do you know a student looking to work out during Spring Break? This is the deal for them! For students ages 14-24 with a valid student ID. On sale from March 1-April 1. For \$20 you get a 10-visit fitness center punch pass.
- **April and May Initiation Fee:** The \$25 initiation fee is waived for new members who sign up in April and May.
- **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!



QUINOA ASPARAGUS SALAD

Total Time: 30 minutes • Servings: 4-6

INGREDIENTS:

- 1 cup quinoa (dry)
- 1 ½ cup water
- Pinch salt
- 1 bunch asparagus, chopped into 1 inch pieces
- 2 cups shelled fresh English peas (*available at Trader Joes*) or substitute shelled edamame, radishes, cucumber, snow peas or even spring greens.
- 3 scallions—thinly sliced at a diagonal
- ½ cup fresh dill (*2x0.5 ounces packages*) chopped (*or Italian parsley*)
- ½ cup Italian parsley, more to taste.
- ¼ cup sliced or slivered almonds, toasted

DRESSING:

- 1/3 cup olive oil
- Zest from 1 lemon
- 1/3 cup fresh lemon juice (*1-2 lemons*)
- ½–1 teaspoon kosher salt
- Pepper to taste

Optional garnishes: crumbled goat or feta cheese, sliced avocado, sunflower sprouts or pea shoots, and flower petals (chive blossoms are nice).

INSTRUCTIONS:

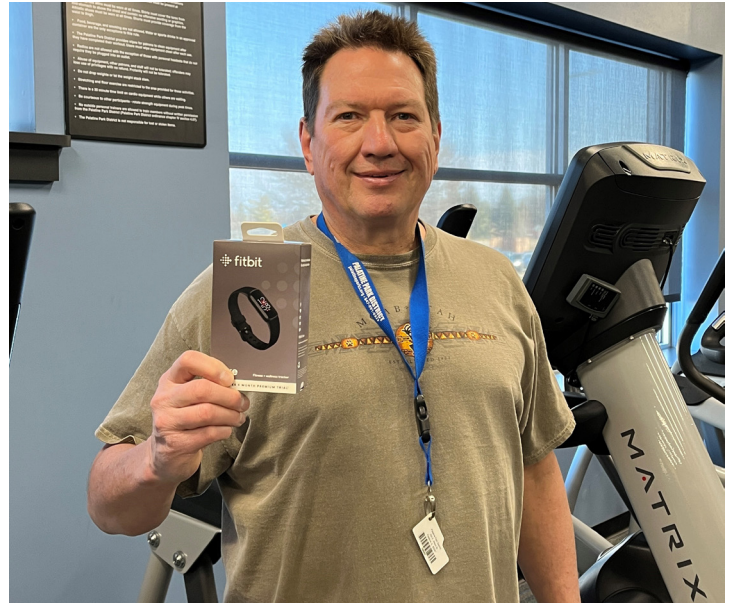
1. Rinse the quinoa and place it in a pot with the water and pinch of salt. Bring to a boil, cover, lower heat, and allow it to simmer on low heat for 12-15 minutes. Turn off heat, and let sit covered for 5-10 minutes, then uncover, fluff with a fork and let it cool.
2. While the quinoa is cooking, blanch the peas and asparagus in salted boiling water for just a few minutes, until bright and tender. Rinse under cold water.
3. Place the cooled quinoa and blanched veggies in a bowl. Add the scallions, dill and almonds and give a toss. Add the oil, lemon zest and lemon juice and salt, pepper and stir again.
4. Taste, adjust salt and lemon, adding more if you like. If you are making this ahead, be sure to taste before serving as flavors will mellow – so I'll usually add a little more salt and lemon.
5. Serve with optional avocado, feta, goat cheese, sunflower sprouts.

To make ahead: Be sure to taste this right before serving and adjust salt and lemon once more -because quinoa has a tendency to soak up all the flavor! Wait until serving to add any cheese, sprouts or avocado, so salad looks beautiful and fresh

Source: <https://www.feastingathome.com/tabbouleh-salad-with-quinoa/#tasty-recipes-22636-jump-target>

MEMBER SURVEY FITBIT WINNER

Congratulations to David Gayda! David was the lucky winner of the Fitbit Luxe fitness tracker for completing the member survey.




SUMMER STUDENT PASS

Available to purchase May 1 – July 1
\$30 for a 3 month membership.

**Basic Membership Only*

For ages 14-24 with a valid student ID.

ZUMBA POOL PARTY



WEDNESDAY, JULY 12

FAMILY AQUATIC CENTER

6:30PM-8:00PM | PROG#: 332160-16

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