

# COMMUNITY

## FITNESS CENTER

A FACILITY OF PALATINE PARK DISTRICT

### NEWSLETTER

SUMMER 2023

#### HOURS

**MONDAY-FRIDAY**

6:00am-9:00pm

**SATURDAY-SUNDAY**

7:00am-3:00pm

**CLOSED**

July 4, September 4

[palatineparks.org](http://palatineparks.org) • 847.496.6275



#### FITNESS CENTER MEMBERS,

Thanks for reading the Summer Edition of the Community Fitness Center Newsletter! Hope everyone had a great spring. As we look back to the busy spring in the fitness center, we look ahead as to what is to come for the summer.

#### NEWS AND UPDATES

- On April 28th, members were provided with bananas, oranges, and granola bars to enjoy before or after their workout. Pop-up treat days will continue throughout the year.
- On May 9th, the fitness center had a preventative maintenance visit from the fitness connection. All the equipment is in good working condition.
- The fitness center closes at 3:00pm on Saturdays through Labor Day, September 4.
- The 30 for 30 Summer Check-In Challenge is back for 2023! This challenge runs from June 1 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 will get automatic entry into 4 different raffles. Make sure to get your 30 workouts in!
- 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](mailto:aowens@palatineparks.org).

#### INTERESTED IN PERSONAL TRAINING?

Contact Alison Shariatzadeh, Recreation & Fitness Program Coordinator at [ashariatzadeh@palatineparks.org](mailto:ashariatzadeh@palatineparks.org) for more information.

#### STAFF SPOTLIGHT

Dave Karpinski started in the Fitness Center in 2013. Dave takes pride in keeping the center clean during every one of his shifts. He takes on many of the deep cleaning projects assigned to him. Dave has been a wonderful asset to the Fitness Center. Congratulations on 10 outstanding years Dave!



#### PROMOTIONS

- Summer Student Pass:** On sale from May 1 – July 1. Available for students ages 14-24 with a valid student ID. \$30 for a 3-month membership. Great way for students looking to begin their membership!
- Back to Fitness Special:** On sale from August 1 – August 31. If you know someone looking to get back to working out, this is the deal for them! Any new member who purchases a monthly basic fitness membership in August, will have their first month 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!



## PEPPER-JACK CHICKEN WITH SUCCOTASH

Total Time: 40 minutes • Servings: 4

### INGREDIENTS:

- 4 ounces pepper-jack cheese, shredded
- 2 cups baby arugula, roughly chopped
- 2 large skinless, boneless chicken breasts (12 ounces each)
- 1 tablespoon olive oil, plus more for brushing
- Kosher salt
- 1 1/2 to 2 tablespoons Cajun spice blend
- Vegetable oil, for the grill
- 1 cup frozen lima beans, thawed
- 1 medium yellow summer squash, diced
- 2 cups corn kernels
- 1 cup grape tomatoes, halved
- Juice of 1 lime

### INSTRUCTIONS:

1. Combine the cheese and arugula in a bowl. Cut a deep 2-inch-wide pocket in the thickest part of each chicken breast with a paring knife. Stuff with the arugula mixture. Brush with olive oil and season with salt and the Cajun spice blend.
2. Preheat grill to high and brush the grates with vegetable oil. Grill the chicken until blackened and a thermometer inserted into the thickest part registers 155 degrees Fahrenheit, 8 to 10 minutes per side. Transfer to a cutting board.
3. Meanwhile, heat 1 tablespoon olive oil in a skillet over high heat. Add the lima beans, squash and corn, season with salt and cook until the squash is just tender, 2 to 3 minutes. Add the tomatoes and cook 2 more minutes. Remove from the heat and stir in the lime juice. Slice the chicken and serve with the succotash.

Source: <https://www.foodnetwork.com/recipes/food-network-kitchen/pepper-jack-chicken-with-succotash-recipe-2105215>

# ZUMBA POOL PARTY

WEDNESDAY, JULY 12

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

## Twilight Fun Run

2.25-MILE COURSE

FRIDAY, AUGUST 18  
7:30PM START

HAMILTON PARK

Shorter days,

The setting sun.

Celebrate the end of summer

At the Twilight Fun Run!

### PRE-REGISTRATION

Adult: \$30.00

Kids: \$20.00

### SAME DAY REGISTRATION

Adult: \$35.00

Kids: \$25.00

## LANTERN AND FLAG

## DECORATING WORKSHOP

SATURDAYS · AUGUST 5 & AUGUST 12

11:00AM-12:00PM · PROG#:340075-01 & 02

Explore your creative side and prepare for the Twilight fun run by attending these workshops on lantern and flag decorating. Each participant will go home with a lantern and a flag that they can use while participating in the Twilight fun run. Participation in the fun run is not required to attend this workshop.