

## NEW CORE Hours of Operation Beginning October 1<sup>st</sup>!

Monday - Friday: 5 a.m. - 9 p.m.

Saturday: 7 a.m. - 6 p.m.

Sunday: 7 a.m. - 5 p.m.

THE  
ONLY  
**BAD**  
**WORKOUT**  
IS THE ONE  
THAT  
**DIDN'T**  
**HAPPEN**



Register today for the Lemontster Mash 5K in October, the first run in our new "Be Safe Together" Virtual 5K Series. All registrations are taken on Active.com.

Run any 5K race route and submit your results. Run all three races in the series and enter to win an awesome prize. Details for

each run in the series can be found on Active.com.

Other races in the series are the Hobble Gobble 5K in November and the Frigid 5K in December.

### Fitness Class Highlight - Try Tai Chi!

**Tai Chi:** Friday, 10:30 a.m. (CORE Studio B) - Tai Chi is an ancient Chinese martial art that is being rediscovered here as a health exercise. This class brings the mind, body and spirit together with isometric, balance and leg strengthening exercises. Movements are executed slowly and precisely to learn proper body alignment.

### NEW Active Adult 55+ Group X Classes

#### Golden Age Yoga

Tuesday, Wednesday and Friday at 8 a.m.  
(CORE Kensington Room)

#### Chair Yoga

Friday at 9:15 a.m. (CORE Studio C)

#### Active Aging

Tuesday, 8:15 a.m. (Outdoors on Miracle Field)

For full class schedule and descriptions, visit [www.LemontParkDistrict.org](http://www.LemontParkDistrict.org).

STAY CONNECTED...  
WE'LL TEXT YA!



### New Friendly Faces here to serve you!

You may notice a few new friendly faces around The CORE. Mia, Richard, Bill, Kevin and Gianna will greet you at the Fitness Desk, answer questions and help keep the facility clean for our members. Amy will be a new face at The CORE and Centennial Service Desks to help with any questions you may have. Be sure to stop and say Hi!

### Aquatics Update!

- \* All aquatic programming has moved indoors. Thanks for a great outdoor season of Aqua Fitness and lap swimming!
- \* Aqua Fitness is limited to 10 participants per class. Registration for the weekly classes begins at 12 a.m. on the Sunday before classes begin.
- \* Senior Swim is a new opportunity for our seniors to exercise without getting splashed. Check out the weekly CORE pool schedule for days and times.
- \* Private Swim Lessons are available! Visit The CORE Service Desk for more information and pricing.
- \* Lemont Dolphins Pod Practices begin Monday, September 28<sup>th</sup>

### Being Safe Together!

- \* Practice social distancing and stay at least six feet apart.
- \* Face coverings are required in all common areas of facilities. Members are strongly encouraged to wear a face covering in the fitness center.
- \* Wipe down all equipment before and after use.
- \* Wash your hand frequently.
- \* If you are feeling unwell, please stay home.

