

July 2021 - CORE Member Monthly Newsletter

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

Friday: 5 a.m. - 8 p.m.

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

All children under 12 must wear a face covering in Lemont Park District Facilities!

Per CDC Guidelines, members guests, employees whom are fully vaccinated may enter District facilities and participate in District activities without wearing a face covering. Proof of vaccination is not required or monitored, but we ask for everyone's cooperation with this revised policy.

Those who are not fully vaccinated should continue to wear masks indoors for your own protection and the protection of others who have not been vaccinated.



The CORE is growing our Personal Trainer and Group Fitness Instructor Teams!

If you would like to be part of a great group of personal trainers, please contact Del Halter at dhalter@lemontparks.org. If you would like to be part of our highly-motivated group fitness instructor team, please contact Jen Saylor at jsaylor@lemontparks.org.

Fitness Class Highlight - Strength Embrace with Jill

A challenging core and body strength workout for all levels. Hand weights and body resistance exercise will be incorporated into this 45-minute workout.

Visit The CORE Service Desk for a schedule of Group Fitness Classes... why not try adding something new to your usual exercise routine?

Aquatics Update

- * Aqua Fitness is available Monday-Friday 9-9:45 am & Saturdays 8-8:45 am. Registration for the weekly classes begins at 7 a.m. on Sunday before classes begin. All classes are held OUTDOORS!
- * The outdoor pool is OPEN! Pool opens at Monday-Friday at 11:30 a.m. for pool pass holders and at 12 p.m. for all and stays open until 8 p.m. Pool opens on Saturday & Sunday at 11:30 a.m. for passholders and 12 p.m. for all. Pool is open on weekends until 3:30 p.m.
- * No reservations are required for open swim or lap swim in the indoor or outdoor pool. Please be willing to share a lane if you are asked. Thanks!

Fitness Center Focus

Exercising Safely in Hot Weather

1. **Drink up.** To keep cool, make sure first that you are drinking plenty of water. Since our bodies are about 50-60% water, it is vital to maintain this amount.
2. **Ease up.** If you are used to working out in cooler climates, take it easy at first. Just accept the fact that you cannot do what you normally do. As your body adapts to the heat, gradually increase the intensity and length of your workout.
3. **Avoid the hottest part of the day.** Rise early to catch the cool of the morning or go out at sunset or later. In the heat of the mid-day, take cover under shade, jump in a pool or sign up for an aqua aerobics class.
4. **Wear light colored clothing.** Dark colors absorb the heat, which can make you feel as if you are wrapped in a warm blanket. Heavyweight, tight-fitting clothing will also heat you up. Keep it loose. Keep it light, More air will be able to circulate over your skin, keeping you cool.
5. **Eat snacks to maintain energy.** Pick juicy snacks like fruit because the last thing you need in scorching heat are dry snacks like crackers, popcorn or energy bars that require your body to add water.
6. **Know when to say "I'm going inside."** Okay, okay, it bothers you to not finish your workout. Remember that even a 20-minute workout has positive health effects. It is the number of days you exercise that matters most.



shaking

when strength training?

— GREAT! —

YOU'RE BUILDING MUSCLE.