



CORE MATTERS

The Lemont Park District
CORE
Fitness & Aquatic Complex

November 2022 - CORE Member Monthly Newsletter

CORE Hours of Operation:

Monday-Friday: 5 a.m. - 9 p.m. • Saturday & Sunday: 7 a.m. - 5 p.m.

Thanksgiving Day 7 a.m. - 12 p.m. • Day After Thanksgiving 7 a.m. - 9 p.m.

THANK YOU CORE MEMBERS...

We appreciate you!

During the month of November, be on the lookout for weekly goodie giveaways!

Group Fitness Class Highlight - Mash Up

Check out this NEW CORE-Fit Group X Fitness Class! Challenge yourself each week with a new workout! Each class will feature a different workout and not class will ever be the same, Have fun, learn new exercises and burn calories. All levels welcome! This class meets Tuesdays at 5:30 p.m. for 45 minutes.

FREE WERQ POP-UP CLASS on Sunday, November 20th at 10:30 a.m. at The CORE! To register, please follow the link [FREE WERQ Pop Up Class](#). Ready to WERQout with the BEST? Reserve your spot not before it's sold out! Join WERQ Dance Fitness Master Trainer Marie Piotrowski for a wildly addictive dance fitness WERQout. WERQ is the fiercely fun dance fitness class based on pop and hip hop.



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

Fitness Center Focus

Fitness Tips for the Holidays

- * Plan ahead. Make time for your workouts just as you make time for each of your festive gatherings - put it on the calendar.
- * Go small
- * Be creative
- * Get a workout buddy
- * Sign up for a holiday race
- * Reward yourself
- * Log your food and fitness
- * Hydrate

Coming in November... Maintain Don't Gain will be back! Maintain Don't Gain is a weight management program designed to encourage everyone to maintain your weight within 2 pounds during the holiday season. Dates & times will be posted the first week in November.

Register today for the Frigid 5K taking place on Sunday, December 4th at 8:00 a.m. on the Centennial Park Campus. Register on Active.com to guarantee your spot and a hoodie!

Aquatics Update

- * Due to a staffing shortage and to continue to offer lap swim, The CORE Pool will be open, however, NO LIFEGUARD will be on duty Monday through Friday, 5 a.m. to 3:30 p.m. AND Saturday & Sunday 3 p.m. to 5 p.m. Persons under the age of 16 MUST BE accompanied by a parent, guardian or other responsible person of at least 16 years of age. Swimming alone is not recommended.
- * Aqua Fitness is available Monday-Friday, 9-9:45 a.m., Saturdays 8-8:45 a.m. Registration for the weekly classes begins at 7 a.m. on the Sunday before classes begin.
- * Group Swim Lessons begin January 10th for the winter session.
- * Kick off your New Year's Resolution with the 100x100's event on January 7th. Information can be found online in the winter Memory Maker.

Join the Lemont Park District Team! Competitive pay and paid training! PLUS all employees receive a FREE CORE Membership! Apply today at www.LemontParkDistrict.org!

www.LemontParkDistrict.org • 630-257-6787

