

CORE MATTERS

The Lemont Park District
CORE
Fitness & Aquatic Complex

January 2023 - CORE Member Monthly Newsletter

CORE Hours of Operation:

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

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

The Lemont Park District Staff would like to wish you very happy and healthy New Year!

Game On at The CORE! Did you know that ALL CORE Members will have a chance to win great promo prizes in 2023? All current CORE Members will be entered into all drawings along with the new CORE Members. First up... January 2023 with a chance to win a 65 inch TV, Yeti Cooler or a Tailgate package.



Group Fitness Class Highlight - FITNESS APP REGISTRATION FOR CLASSES BEGINS JANUARY 9, 2023!

Have you downloaded the NEW CORE Fitness App? If not, please do so! This will give you access to a digital membership card, registration and cancellation of group x fitness classes, lap swim schedule and more! Stop by The CORE Service Desk for more information.

Fitness class registration on WebTrac concludes on Sunday, January 8, 2023. Registration begins on the NEW CORE App on Monday, January 9, 2023. Members must register for fitness classes via The CORE App or online via The CORE portal in order to take fitness classes beginning January 9, 2023. Walk-ins will no longer be permitted.

Group Fitness class schedules along with Aqua Fitness class schedules are all available in the app! You can also view open lap lane times in the app. Check it out today!

Fitness Center Focus

Consider These Resolutions Over the Holidays...

- Make physical activity a part of your daily life. A major contributor to weight gain during the holidays is sedentary living. Holiday schedules are tight and exercise schedules are often sacrificed to make time. Don't make that trade-off this year and pledge to keep moving.
- Prioritize healthy living. Dietitians agree that the best way to manage weight is to modify eating habits in such a way that you never feel deprived. Choose foods that you enjoy that are also lower in fat, sugar and calories.
- Feel free to fill your plate at holiday feasts, but select fresh fruits, salad greens and filling veggies instead of sugary desserts, fried foods, mountains of breads or starchy entrees. You can still eat the "other" foods you enjoy but take a smaller portion.



Aquatics Update

- * Please utilize the NEW Lemont Park District CORE Fitness App for the lap swim schedule.
- * Group Swim Lessons begin January 8th for the winter session.
- * Kick off your New Year's Resolution with the 100x100's event on January 7th. Information can be found online.

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