



LEMONT PARK DISTRICT'S
CORE FITNESS & AQUATIC COMPLEX

IT'S YOUR *CORE*

Fall Hours (effective 9/5)

Monday-Friday: 5am-9pm

Saturday & Sunday: 7am-5pm

FOLLOW US!

@LEMONTCOREFITNESS



**SWIM THE
ENGLISH
CHANNEL
CHALLENGE**

SWIM 21 MILES FROM
SEPTEMBER THRU OCTOBER.
ONCE COMPLETED, YOU RECEIVE
A T-SHIRT!

JOIN THE CHALLENGE IN THE
CORE APP!

The Lemont Park District
CORE
Fitness & Aquatic Complex

LEMONT
PARK
DISTRICT



From the desk of the Fitness Manager, Del Halter

Don't Compare Yourself to Others

Workout motivation tip: One of the quickest ways to derail your motivation to exercise is by comparing yourself to others. Set your own realistic goals, start where you are, and only measure your progress against your own goals.



BOOTCAMP

Bootcamp is an interval class which incorporates cardio and strength training. In an inviting, motivating and inspiring group environment, this class is designed to get results in both speed and endurance, while tightening and toning the entire body!

Classes are Tuesdays @ 5:30am &
Saturdays at 8am.