



# Fitness, your way!

For residents looking to exercise in a workout facility that's close to home, the Plainfield Park District offers the Prairie Activity & Recreation Center (PARC). PARC is home to an elevated indoor walking track, gymnasium and Prairie Fit, a fitness center with all of the amenities, equipment and staff ready to help members reach their fitness goals.

## CARDIO

Prairie Fit offers a full range of cardio machines such as treadmills, ellipticals, recumbent bikes and upright bikes.

## MACHINES/WEIGHTS

Weight benches, weight racks and free weights complement a wide variety of leg, shoulder, chest and other strength training machines.

## FUNCTIONAL FITNESS

Upstairs features a functional fitness turf workout area that includes kettlebells, medicine balls, ropes, pull-up bars and water rowers.

## INDOOR TRACK

Keep up with your cardio with our elevated track for walkers and runners. Ten laps equal one mile.

## GYMNASIUM

Our full-sized wood court gymnasium hosts open gym times throughout the week for pickleball and basketball.

## PERSONAL TRAINING

Prairie Fit offers personal training for those looking to take their exercise regimen to a different level. Personal training is one-on-one instruction that incorporates exercise screening, goal-setting and health education.

## FITNESS MEMBERSHIPS

Fitness membership includes fitness areas, elevated track, open gymnasium and locker room access.

<p><b>Individual ANNUAL FITNESS MEMBERSHIP</b> (ages 18-59)</p> <p><b>\$25*</b> month</p> <p><b>Paid-in-Full: \$275</b></p> <p><small>NO ANNUAL COMMITMENT: \$35 monthly</small></p>	<p><b>Individual ANNUAL FITNESS MEMBERSHIP</b> (ages 60+)</p> <p><b>\$20*</b> month</p> <p><b>Paid-in-Full: \$220</b></p> <p><small>NO ANNUAL COMMITMENT: \$35 monthly</small></p>
<p><b>Individual ANNUAL FITNESS MEMBERSHIP</b> (ages 12-17)</p> <p><b>\$20*</b> month</p> <p><b>Paid-in-Full: \$220</b></p> <p><small>NO ANNUAL COMMITMENT: \$35 monthly</small></p>	<p><b>Household ANNUAL FITNESS MEMBERSHIP</b></p> <p>First Member</p> <p><b>\$25*</b> month</p> <p><b>\$20*</b> month</p> <p><i>Each Additional Member</i></p>

\* Annual Membership with Electronic Fulfillment Transfer (EFT) payment setup

## WALKING TRACK MEMBERSHIP

Membership includes access to elevated track and locker room.

<b>Track ONLY ANNUAL MEMBERSHIP</b>	<b>\$65</b> Paid-in-Full
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## OPEN GYM MEMBERSHIP

Membership includes access to gymnasium and locker room.

<b>Open Gym ONLY ANNUAL MEMBERSHIP</b>	<b>\$95</b> Paid-in-Full
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## Make FITNESS your new habit!

It takes 21 days to create a new habit. Get started with **7 free trial days** at the Prairie Fit fitness center!

\* During the months of December and January, bring this coupon into the Prairie Activity & Recreation Center and receive a 7-day pass to Prairie Fit! Sign up for an annual membership after the trial, and receive one month FREE!

**FREE 7 DAY PASS\***



# FITNESS at Prairie Activity & Recreation Center



**JANUARY 9 thru 15 is  
FREE CLASS WEEK**

## at the Prairie Activity & Recreation Center

You asked for it, and we're delivering. For the week of January 9 through 15, we will have sample classes for you to try. There will be a variety of popular fitness classes that you can try out for FREE! If you find the class that's right for you, register and join us weekly. Anyone age 16+ is welcome.

Free classes will be posted on our website mid-December.  
Visit our website at [plfdparks.org](http://plfdparks.org) or scan the QR code on this page.



### FITNESS at the Plainfield Township Community Center

#### Active Adult Fitness Classes at PTCC (ages 55+)

**STRONG & STURDY**

Improve balance and strengthen core, legs and back.

**FIT & FUN**

Focus on stability, balance, building strength and flexibility, along with cardio to get the heart pumping!

**LINE DANCING**

Have fun dancing to a variety of music while improving coordination and getting your steps in.

**CHAIR YOGA**

Increase flexibility and strengthen body awareness while sitting or standing using a chair for support.

