

# Veterans Park District

## Programs & Happenings

### Veterans Park District

#### Annual Holiday Food and Toy Drive Nov. 1-Dec. 12

Help provide food for the hungry. We are looking for individuals and/or corporations to help us aid in our mission to fight hunger in our surrounding communities during the holiday season. Please bring nutritious, non-perishable canned or packaged foods (no glass please). Preserve the spirit of giving and give a new toy or game to a child in need. Drop off locations: George A. Leoni Complex, Melrose Park; Grant Park Recreation Center Gym, Northlake.

#### All New – Fall Fitness Class Line Up at Cimbalo Fitness Center

**New Classes • New Instructors • New Times**

##### Boot Camp

Bootcamp is a mixture of agility, balance, cardio, core building, flexibility, functional movement patterns, muscle, endurance and strength to advance your overall fitness. You get everything you need! Body weight exercises will be combined with optional dumbbells, resistance tubing, mats, and stability balls may be used. This class focuses on muscle confusion to build and increase strength so there will be a different challenge in every class. All fitness levels will be accommodated and welcome. – Mondays, 8-9 a.m., and Wednesdays, 6-7 p.m.; Nov. 6-Dec. 27 (no class Dec. 25); \$34 In-District/\$42 Out-of-District.

##### Muscle Strength

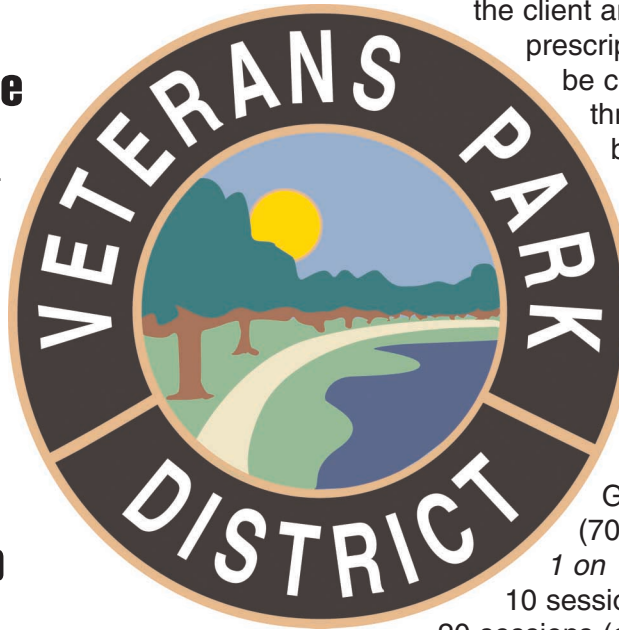
Develop muscle definition, endurance strength and decrease body fat by building lean muscle and increase bone density. Speed up your metabolism and burn more calories during your workouts and at rest through the building of lean muscle. A diversity of equipment including body weight, optional dumbbells and mats will be utilized to sculpt your muscles, change the shape of your body and build core strength. All fitness levels will be accommodated and welcome. – Tuesdays, 6:30-7:30 p.m.; Nov. 7-Dec. 26 (no class Nov. 23.); \$4 In-District/\$2 Out-of-District.

##### Cardio Sculpt

This class is designed to shock the body and promote and change body composition through targeting fat. This class will offer effective cardio routines targeting the entire body to build endurance and target fat using body weight, and at times optional dumbbells and resistance. You will experience high-energy and at times circuit, interval and high intensity training through aerobic actions with strength and stabilization exercises. All fitness levels will be accommodated and welcome. – Thursdays, 8-9 a.m.; Nov. 9-Dec. 28; \$34 In-District/\$42 Out-of-District.

##### Personal Training 1 on 1 or Small Group

Personal-training group and individual appointments are booked based on the goals, desired results and needs of the client(s). The first session will include a physical fitness assessment, expectation and goals discussion of



the client and the trainer. You will receive exercise instruction and prescription throughout your individualized program that will be constantly changing based on you. You will be inspired through consistent feedback, goal setting and accountability. Clients of all levels including those requiring corrective exercise can and will benefit through the guidance of a personal trainer. All fitness levels will be accommodated and welcome.

**Personal Training:** One on one training with a personal trainer and an individual client.

**Group Training:** One on one training with a personal trainer and two minimum up to four maximum clients. By appointment only. To make an appointment or for more information, email Georgia at [Gargiris@veteransparkdistrict.org](mailto:Gargiris@veteransparkdistrict.org) or call Georgia at (708) 343-5151. Appointments are 60 minutes.

**1 on 1 Personal Training** – One session (one hour) \$45;

10 sessions (one-hour sessions) \$375 (\$75 savings);

20 sessions (one-hour sessions) \$800 (\$100 savings).

**Group Personal Training** (Two to four participants and group must be formed by participants prior to registration) – One session (one hour) \$60; 10 sessions (one-hour sessions) \$525 (\$75 savings); 20 sessions (one-hour sessions) \$1100 (\$100 savings).

##### Clear Your Mind with Guided Meditation

This class will focus on guided meditation for a clear mind through various breathing exercises and visualization. You will experience inner peace, mental clarity and the promotion of mindfulness. Meditation can assist in combat of anxiety, exhaustion, lack of focus and stress. You will leave class with a sense of clarity, calmness, direction and in a state of gratitude. Feel free to bring mats, pillows and blankets to class. – Fridays, 5:15-6:15 p.m.; Nov. 10-Dec. 15 (no class Nov. 10); \$34 In-District/\$42 Out-of-District.

#### Special Recreation "On the Road" Series

##### Tiki Terrace in Des Plaines – Ages 14-Adult

Special Recreation will be going on a mini vacation to the South Pacific. A variety of dances from the South Pacific are featured in costume where we will enjoy music, comedy, dancing and audience interaction. A wonderful dinner with choice of entrée is included. – Saturday, Oct. 28; \$30 In-District/\$35 Out-of-District; Transportation: \$3 in-district residents only.

##### Magical Holiday Lights @ Brookfield Zoo – Ages 14-Adult

Special Recreation will start the holidays with a trip to see Magic Lights at Brookfield Zoo. Transportation and zoo entrance fee is included. Please bring money for a snack and drink or bring your own snack and drink. – Sunday, Dec. 10; 5-10 p.m.; \$15 In-District/\$20 Out-of-District; Transportation: \$3 for in-district residents only.

#### Children/Youth Sports @ George A. Leoni Complex

##### VPD Hitting & Fielding Class – Ages 6-12

Calling all baseball and softball players! Participants will improve their fielding and batting skills while also improving their knowledge of the game. Batting cages will be set up and tees lined up for class. – Wednesdays, Nov. 15-Dec. 20; 6-7 p.m.; \$45 In-District/\$60 Out-of-District.

**VPD Soccer Beginner Drills and Skills – Ages 5-9**

Take your soccer training to the next level. VPD athletic staff will assist by running kids through specific skills and drills to help give that extra edge. – Mondays, Nov. 6-Oct. 23 (no class Oct. 9); 5-6 p.m.; \$45 In-District/\$60 Out-of-District.

**Active Adult Lunches**

Harvest Delight Bingo @ Bulger Park – Tuesday, Nov. 28

**Day Trip**

**Beautiful – The Carol King Musical**

Great musical at the Cadillac Palace with lunch prior at Trattoria No. 10. – Wednesday, Dec. 13; Departs 10:15 a.m. and returns at 6 p.m.; Fee is \$95.

Veterans Park District & Melrose Park Youth Commission

# FRIGHT NIGHT

Friday October 27 • 5-7 p.m.  
Bulger Park, Melrose Park



Free Family Event for Grades K-6.  
Wear Your Costume!

- JUMP HOUSE
- CREEPY CRAFTS
- GHOULISH GAMES

CHILDREN RECEIVE A HOT DOG AND JUICE (LIMITED QUANTITIES). HOT DOGS AND SNACKS AVAILABLE FOR PURCHASE AT THE CONCESSION STAND.



**HAUNTED HOUSE**

VPD MAINTENANCE TEAM PRESENTS ITS ANNUAL HAUNTED HOUSE ON HIRSCH

\$2 ADMISSION FEE  
OPEN FROM 5 - 8 P.M.  
FRIDAY, OCTOBER 27  
AND SATURDAY, OCTOBER 28

Saturday, October 28 • Bulger Park • 5-8 p.m.  
MOVIE / PIZZA

**HAUNTED MOVIE NIGHT & HALLOWEEN PARTY**



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For more information on VPD programs, call (708) 343-5270

or visit [veteransparkdistrict.org](http://veteransparkdistrict.org).