

# Open Gym

Dates valid September 13 - December 30

- Participants 12 years and older who fully vaccinated are strongly encouraged to wear a mask. Individuals not fully vaccinated are required to wear mask.
- Schedule may change to accommodate Bloomingdale Park District programs. For more information, call (630) 529-3650.

## Westfield Gymnasium

### Youth Open Gym

Grades 6-8

Monday - Friday 7-8:15AM

\$4 per day

## Johnston Recreation Center

### Youth Open Gym

Grades 6-12

Monday - Friday 3:30-5:30PM

\$4/\$6 residents/non-residents

All persons MUST show proof of residency with ID or they will be charged the \$6 daily rate.

## Punch Card

Punch card option available for residents. Purchase 10 punches for \$35. Participants are responsible for bringing the card to the program. Card is redeemable at JRC Youth Open Gym Mondays, Wednesdays and Fridays and at Westfield Open Gym Monday through Friday mornings. Cards may be purchased at the JRC Front Desk. Unused punches are not refundable. Misplaced cards may be replaced at purchaser's expense.

## School's Out! Open Gym

Contact Bloomingdale Park District regarding School's Out! schedule. \$3/\$6 residents/non-residents



## TRX

Using body weight, TRX builds total body strength and flexibility, develops core stability and delivers a fun workout that is adjustable for all levels.

Location: GROUP X

Instructor: Traci

Adult Fitness

MIN/MAX: 3/5

Age	Day	Time	Date	R/NR Fee	Code #
18-99	Mon	12-12:45P	Sep 13-Oct 25	\$49/\$69	103544-A1
18-99	Mon	12-12:45P	Nov 1-Dec 20	\$56/\$76	103544-A2

## Functional Training Bootcamp New!

Work at your own pace and ability as your instructor takes you through a series of both strength training and cardio full body movements that will help you improve your strength, power and movement. Class variety designed to push and challenge the body.

Location: GROUP X

Instructor: Debbie Marzano

Adult Fitness (rd)

MIN/MAX: 5/10

Age	Day	Time	Date	R/NR Fee	Code #
18-99	Tue	5:30-6:15P	Sep 14-Oct 26	\$49/\$69	103594-A1
18-99	Tue	5:30-6:15P	Nov 2-Dec 14	\$49/\$69	103594-A3

## Registration Hint – Register Early!

To ensure your class or program runs, please register early! Planning, staffing and running a class all take preparation time, which is why many programs have registration deadlines. We need to know in advance how many people to buy supplies for, or how many spaces to reserve, etc. When in doubt, always register as you could be the one that makes the class run!