



2020 ANNUAL REPORT

EPEN 1871

1000000 STREET, CHATHAMWOOD
NSW, AUSTRALIA



**Parks Plus
Fitness Center**

1. EXECUTIVE SUMMARY

In March 2020, PPFC temporarily closed due to the COVID-19 pandemic. We returned in June with one-on-one personal training and outdoor group fitness class offerings. One-on-one training was held Monday-Friday from 5A to 8P. Group fitness exercise classes were conducted on the Rice Pool Deck and concession areas, 7 days a week from June through October. When restrictions were lifted in August, we continued offering classes outdoors and added indoor classes in our large spaces to allow for more participants.

PPFC reopened in July and offered members the month at no cost. All members were provided an opportunity for them to utilize the fitness center with its new layout and safety precautions. Members were informed their memberships would officially resume in August. Our new layout required removal of equipment. This allowed for placement of remaining equipment to maintain 6 ft apart on all sides with cleaning stations nearby. Our biggest enhancement was expanding into the Atrium area, labeled "Training Zone", allowing for maximum amount of equipment including free weights and cardio while keeping the required social distance spacing. These updates and offerings were a great addition and were well received by members and staff. We plan to keep the Training Zone and new equipment layouts/spacing post pandemic as it has been very receptive.

Due to State of Illinois mitigations, greater restrictions were implemented in November. PPFC transitioned seamlessly adhering to the guidelines to include online reservation systems for fitness center members and offering our group fitness classes virtually. Members thanked us repeatedly for being able to remain open and addressing every hurdle to provide a safe, clean, facility and offerings for them. Members who not comfortable returning appreciated being able to put their memberships on hold, at no cost, until they felt safe to return.

Clocktower Commons Mini Golf and Skate Park (CTC), managed by Michelle Artis, opened in July. Due to the pandemic, local school districts were remote learning until 12:30P daily. CTC expanded its normal fall hours from 4P-dusk to 12P-dusk, providing families more hours of safe, outdoor activities.

PPFC and CTC's ongoing goals are to provide first class facilities and offerings. Our high standards of excellence and even higher levels of service will continue to excel. Plans for 2021 include staying on top of industry trends, offer competitive pricing, provide cutting-edge equipment and reputable amenities. We will explore additional opportunities to increase revenue for both facilities and ensure future growth.

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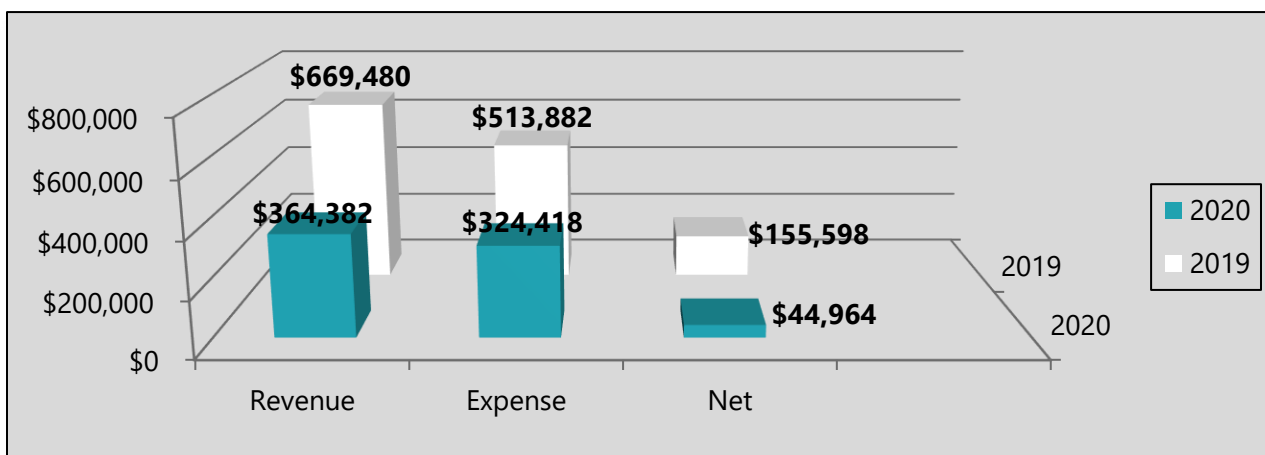
2. FINANCIAL ANALYSIS

A. Revenue vs Expense Comparison 2020 vs. 2019

**Figures pending 2020 financial audit.*

	2020*	2019
Total Revenue	\$364,382	\$669,480
Total Expense	\$324,418	\$513,882
Net Balance	\$44,964	\$155,598

- Revenue decreased by \$305,098.
- Expenses decreased by \$189,464.



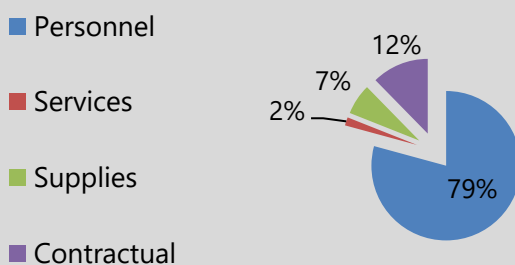
B. Expense Comparison 2020 vs. 2019

**Figures pending 2020 financial audit.*

	Personnel	Services	Supplies	Contractual
2020*	\$257,033	\$5,788	\$21,600	\$39,995
2019	\$387,402	\$3,452	\$72,895	\$51,133

- Personnel expenses decreased by \$130,369.
- Supplies decreased by \$51,295. We did not purchase or upgrade equipment in 2020.
- Services increased \$2,336 due to use of additional software (Signup Genius) in advertising to offer programs and adherence to restrictions due to the pandemic.
- Contractual decreased by \$11,138.

2020 EXPENSE COMPARISON



C. Division Revenue Comparison 2020 vs. 2019

**Figures pending 2020 financial audit.*

	2020*	2019
Annual Membership	\$171,816	\$267,646
Insurance-Based Membership	\$24,634	\$58,934
Short Term Pass	\$12,750	\$25,075
Fitness Daily Fee	\$2,054	\$6,441
Locker Rental	\$280	\$570
TOTAL MEMBERSHIPS	\$211,534	\$358,666
Group Fitness Class Pass	\$36,114	\$57,852
Aerobics Daily Fee	\$1,372	\$5,170
Fitness Programs	\$7,685	\$23,968
TOTAL GROUP FITNESS	\$45,171	\$86,990
PERSONAL TRAINING	\$78,485	\$141,221
KIDZ KINGDOM REVENUE	\$6,267	\$23,362
MISCELLANEOUS & RACES	\$22,925	\$53,308
TOTAL	\$364,382	\$663,346

- PPFC overall revenue decreased by 45%.
- Membership revenue decreased by 41%.
- Group fitness revenue decreased by 48%.
- Personal training revenue decreased by 44%.
- Although the COVID-19 pandemic decreased revenue in each area, PPFC finished the 2020 year with a positive net balance of \$44,964.

C. Part-Time Labor Comparison 2020 vs. 2019

	2020	2019
Service Desk Attendants	\$48,952	\$72,136
Community Center Wages	\$11,394	\$20,068
Personal Training/Floor	\$4,782	\$10,015
Personal Training/Orientation	\$347	\$3,402
Personal Training/Training	\$43,245	\$88,103
Group Fitness Instructors	\$33,661	\$61,612
Kidz Kingdom Staff	\$13,628	\$28,908
TOTAL	\$156,009	\$284,244

- Service Desk/Community Center wages decreased by 35%.
- Personal training wages decreased 52%.
- Group fitness decreased 45%.
- Kidz Kingdom wages decreased 53%.
- **Wheaton resident wages totalled \$90,458 in 2020. This accounted for 58% of the total PPFC wages in 2020.**

3. PARKS PLUS FITNESS CENTER MEMBERSHIPS

A. Membership Sales

	2020			2019			Increase/ Decrease		
Type	Total	New	Renew	Total	New	Renew	Total	New	Renew
1 Month Membership	186	97	89	282	126	156	(96)	(29)	(67)
3 Month Membership	50	34	16	116	62	54	(66)	(28)	(38)
Annual Memberships*	1,504	301	1,203	2,010	605	1,405	(506)	(304)	(202)
Annual Off Hours Membership	3	2	1	1	0	1	2	2	0
Annual Corporate Membership	8	1	7	21	6	15	(13)	(5)	(8)
Fit and Swim	0	0	0	7	6	1	(7)	(6)	(1)
TOTAL	1,751	435	1,316	2,437	805	1,632	(686)	(370)	(316)

*Includes insurance-based. No EFT memberships.

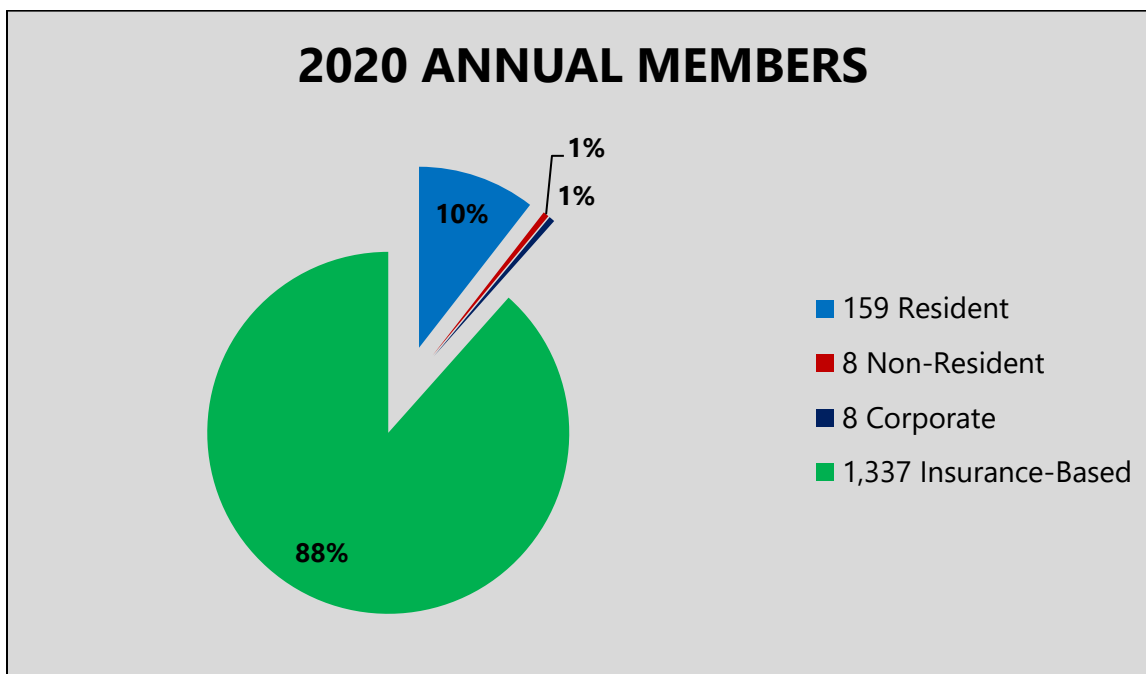
B. Annual Membership and Short-Term Pass Revenue

	2020	2019	Increase/Decrease
Annual Membership	\$171,816	\$267,646	(\$95,830)
Silver Sneakers Annual	\$24,634	\$58,934	(\$34,300)
Short Term Pass	\$12,750	\$25,075	(\$12,325)
Daily Fees	\$2,054	\$6,441	(\$4,387)
TOTAL	\$211,254	\$358,096	(\$146,842)

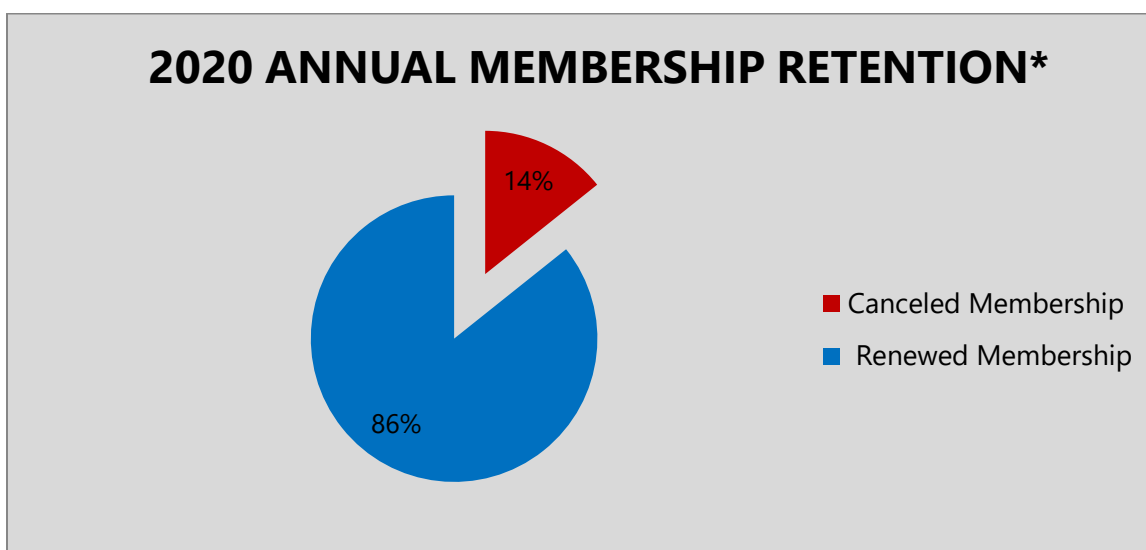
- The total number of members decreased by 686. We were unable to hold our biggest sales of the year Beat the Heat (July-August) and Student Summer Sale. Our Black Friday sale saw reduced numbers as members who historically expired remained current due to COVID-19 suspension and extension of expiration dates. We look forward to the spring 2021 in offering similar promotions to attract our loyal membership base.
- EFT memberships (annual memberships paid monthly from checking account/credit card) increased 37% in 2020 from 305 memberships in 2019 to 418 in 2020.
- In 2019 Silver Sneakers/Prime made up 96% of all insurance-based memberships. With the increase of additional insurance-based memberships, Silver Sneakers/Prime make up 86% with the others increasing from 6% to 14% (a 10 percent increase). Overall, insurance-based memberships increased 7% in 2020.



C. Annual Membership Comparison



D. Membership Retention



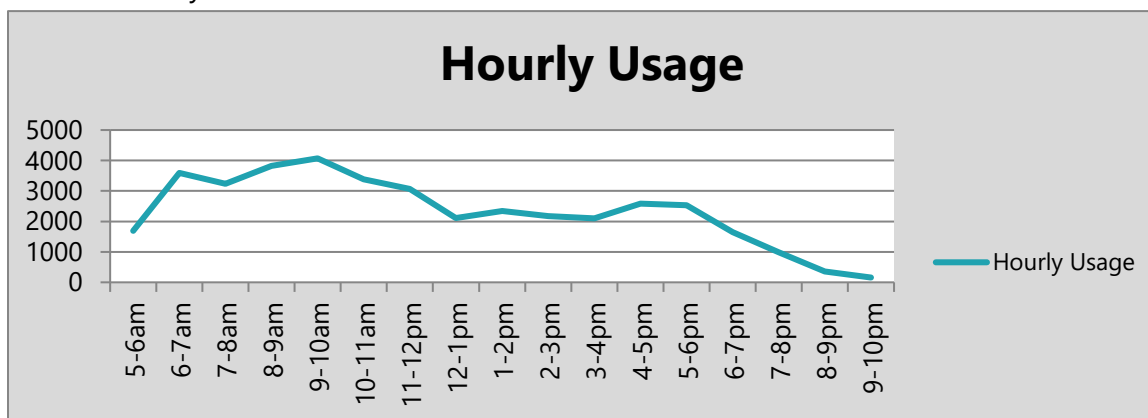
*Based on 2020 Annual Membership renewals versus cancellations.

- PPFC's retention rate was 86% in 2020. According to Diversified Health & Fitness, 90% of U.S. health clubs on average lose between 30-50% of their membership each year (diversifiedhf.com). PPFC is well above high average for member retention. Partnering to offer more insurance-based memberships helped to increase our overall annual memberships.

E. Monthly Visit Comparison by Year

Month	2020	2019
January	8,782	7,704
February	7,943	7,227
March	3,926	8,102
April	0	7,697
May	0	7,233
June	0	6,675
July	2,233	6,943
August	2,925	6,703
September	3,033	6,206
October	3,313	6,871
November	3,014	7,356
December	3,348	7,458
TOTAL	38,517	86,175

- Due to the pandemic, we were closed from March 22 through July 6. Before the closing we started the first 2 months of 2020 with nearly 1,800 more visits than 2019, a 12% increase.
- Upon reopening in July, hours of operation were decreased Monday-Friday from 5A-10P to 6A-8P and Saturday from 7A-7P & Sunday from 8A-6P to Saturday-Sunday from 7A-3P.



- Peak usage occurs between the hours of 9-10A followed by 8-9AM and then 6-7AM.

F. 2020 Membership Highlights

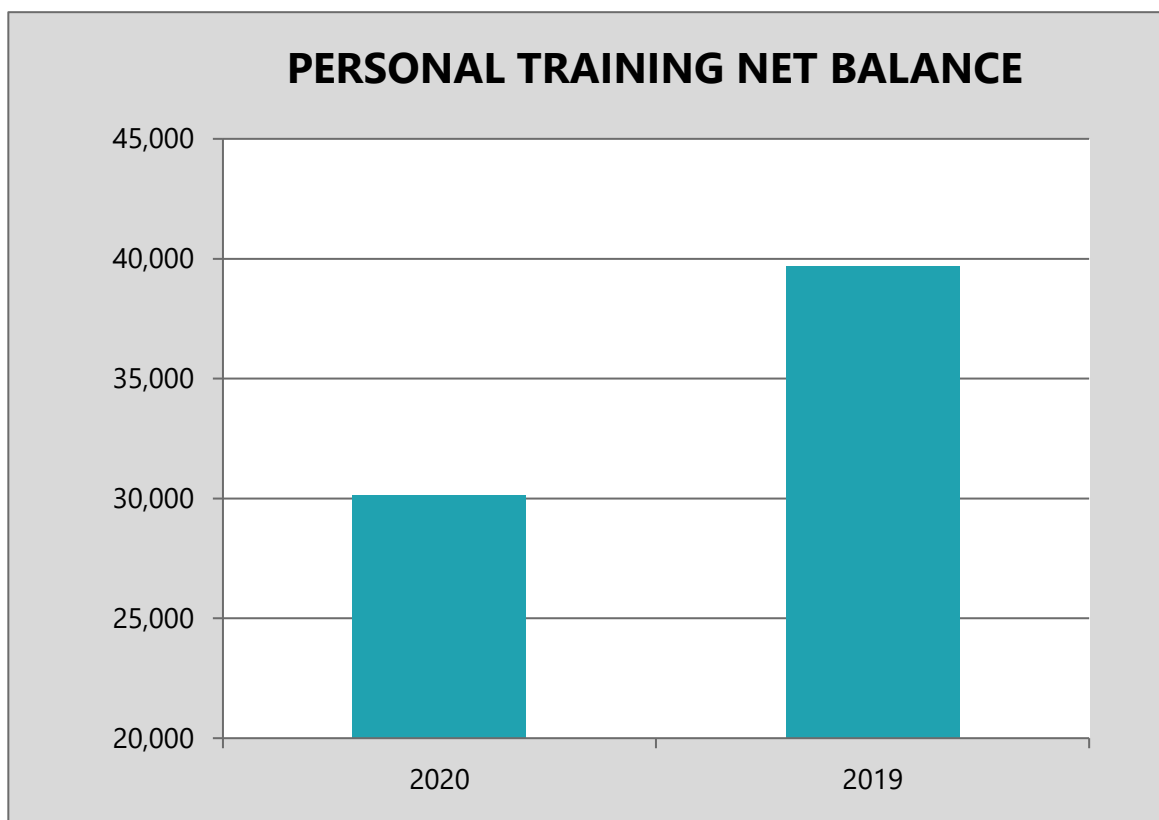
PPFC continued with excellent customer service. During the everchanging times of 2020, PPFC was able to increase the electronic funds transfer (EFT) annual memberships (paid monthly from checking or credit card account) and insurance-based memberships (paid per visit). We also retained members by recommending suspensions versus cancellations. As of December 31, 2020, 98 fitness center and 23 group fitness members put their memberships on hold until they choose to return. Despite pandemic, PPFC was able to retain 86% of its memberships, which is well above the normal pre-pandemic fitness industry standard of 30-50% member retention.

4. PERSONAL TRAINING

A. Revenue and Expense Comparison

Air Revenue and Expense Comparison							
	2020				2019		
Session Revenue	\$75,886				\$120,572		
Program Revenue	\$2,544				\$20,649		
Total Revenue	\$78,485				\$141,221		
		Average Hours			Average Hours		
Expense		Annually	Daily		Annually	Daily	
<i>Training</i>	\$43,245	1,966	5.4		\$88,103	4,004	11.0
<i>Floor</i>	\$4,782	435	1.2		\$10,015	1,113	3.1
<i>Orientation</i>	\$347	27	.07		\$3,402	261	.72
<i>Total</i>	\$48,374	2,428			\$101,520	5,378	
Net Balance	\$30,111				\$39,701		
Profit Percentage	38%				28%		

- Personal training net profit percentage increased by 10%.
- PPFC Manager, Michelle Artis served as the official strength & conditioning trainer for the Midwest FC High School Travel Soccer teams generating over \$14,000 in personal training revenue.



B. Personal Training Package Comparison

Training Packages	Packages Sold		Number of Sessions	
	2020	2019	2020	2019
1-Partner Session	20	84	20	84
3-Partner Session	5	13	15	39
6-Partner Session	3	19	18	114
12-Partner Session	3	11	36	132
20-Partner Session	4	4	80	80
1-Group Session	6	47	6	47
3-Group Session	0	0	0	0
6-Group Session	2	10	12	60
12-Group Session	2	16	24	192
60min/1 Session	1	11	1	11
60min/3 Session	0	1	0	3
60min/6 Session	14	16	84	96
60min/12 Session	1	6	12	72
60min/20 Session	8	15	160	180
30min/1 Session	27	55	27	55
30min/3 Session	6	51	18	153
30min/6 Session	47	119	282	714
30min/12 Session	32	61	384	732
30min/20 Session	89	184	1,780	3,680
TOTAL	270	723	2,959	6,444



C. 2020 Personal Training Highlights

Personal training reopened with one-on-one sessions during Phase 3 in June. Partner and group sessions were suspended unless clients lived in the same household adhering to the government guidelines. Personal training began offering a private studio experience for clients uncomfortable with returning inside the fitness center or considered in the high-risk demographic. The private studio offering is conducted within exercise classrooms reserved for the personal trainer and their client. Clients have enjoyed this new option, feel safe, and have been greatly appreciative of the opportunity to continue their health and fitness goals in an optimal environment during the pandemic.

The personal training team was able to increase the net profit percentage by 10%! Trainers reached out to their clients in June to schedule their return. They also sent informative emails with a "frequently asked questions" document and information to detail the new safety procedures and protocols for training during a pandemic. Trainers were accommodating with training in the fitness center, in a private exercise room or outdoors to best meet the needs of their clients. PPFC Manager, Michelle Artis was the official strength & conditioning trainer for Midwest FC. Midwest FC is a partnership between Wheaton and Glen Ellyn Park Districts to provide travel soccer for boys and girls high school levels. In the 2020 Fall season, Michelle trained more than 90 athletes generating over \$14,000 in revenue for PPFC personal training.



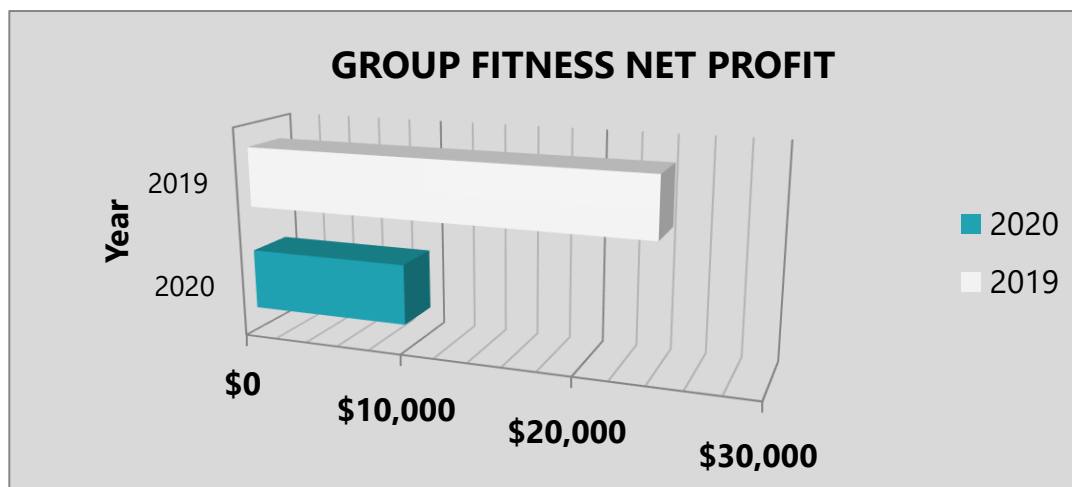
5. GROUP FITNESS

A. Revenue and Expenses

Group fitness participants may choose to purchase an annual group fitness class pass valid for one year from the date of purchase, that allows them unlimited classes, or they may purchase a 1-month, 3-month, or 6-month pass. PPFC members, which includes the insurance-based participants receive a 50% discount on both the annual and monthly class pass options.

	2020	2019
Class Pass	\$36,114	\$57,852
Daily Fees	\$1,372	\$5,335
Fitness Program Revenue	\$7,685	\$23,968
Total Revenue	\$45,171	\$87,155
Part Time Wages	\$33,661	\$61,612
Supplies	\$1,809	\$1,385
Total Expenses	\$35,470	\$62,997
Net Profit	\$9,701	\$24,158
Profit Percentage	21%	28%

- Annual resident class pass is \$624, 1-month costs \$60, 3-month membership is \$165, and a 6-month membership is \$320.
- Annual non-resident class pass is \$780, 1-month flex pass costs \$75, 3-month membership is \$206, and a 6-month membership is \$400.
- PPFC staff aggressively worked to reengage our Class Pass holders by offering a safe class experience with the following: June - July over 20 socially distanced outdoor classes/week, August - October over 30 socially distanced indoor and outdoor classes/week. The over 30 socially distanced indoor classes in November switched to virtual due mitigations. Virtual classes continued through the end of the year. Currently we are offering over 30 classes in a mixed virtual and in-person format.
- We have accommodated 1,033 reservations from our classes.



B. 2020 Group Fitness Highlights

Group fitness began offering classes 7 days a week during Phase 3. These classes were taught on the Rice Pool concessions/deck area. Members complimented the setup and requested that we hold classes outdoors until the weather changed. Classes were held June 22 – October 31, 2020. Indoor classes were offered in August at the start of Phase 4. This continued until November 20, 2020 until Tier 2 restrictions prohibited indoor exercise classes. Group fitness transitioned to virtual classes 7 days a week in the morning and evening.

In 2021, the group fitness and personal training areas plan to partner with the National Academy of Sports Medicine (NASM) and Athletics and Fitness Association of America (AFAA) through their Club Connect subscription to continue to build the knowledge of the trainers and instructors. This benefit will provide a stepping stone to become a NASM site for future professionals, providing opportunities of continuing education for all PPFC instructors and trainers while branding PPFC as a top facility for fitness professionals.



Photo features our spin class on the Rice Pool Deck.

6. KIDZ KINGDOM

A. Revenue and Expenses

Revenue	2020	2019
Annual Pass Sales	\$1,372	\$2,101
Daily Fees	\$4,895	\$21,261
Total Revenue	\$6,267	\$23,362
Part Time Wages	\$13,627	\$28,908
Supplies	\$106	\$192
Total Expenses	\$13,733	\$29,100
Net Loss	(\$7,466)	(\$5,738)

B. Kidz Kingdom 2020 Highlights

Kidz Kingdom, located on the main level of the Community Center, offered drop off care for Parks Plus Fitness and Group Fitness members. It also offered Wide Horizons Preschool Before & After Care for the Fall 2020 school year. The childcare room was transformed to allow proper spacing for children at play. The room was arranged into six play stations, all toys and areas were labeled with letters or numbers. Children rotated sections after 15-20 minutes of play and toys and surfaces were cleaned after each use.

7. INSURANCE-BASED MEMBERSHIPS

Silver Sneakers, Prime/Well on Target, and Renew Active are insurance-based fitness programs that allow fitness center use at no direct charge to insured members. The insurance company reimburses the fitness centers at the end of each month for qualified visits. The current rate is \$3.25 per visit. PPFC launched the program in 2014 and by the end of December 2020 the club had over 1300 insurance-based members. The program continues to grow and has increased our non-resident annual memberships. Last quarter of 2020, PPFC partnered with American Health Specialty to offer an additional insurance-based membership, Silver & Fit. This additional partnership added to our insurance-based memberships and continual growth of Parks Plus Fitness Center offerings.



8. HEALTH AND WELLNESS COMMITTEE

The Health and Wellness Committee (HWC) chaired by Michelle Artis includes the following 2020 members: Diane Hirshberg, Mary Janik, Matt Jay, Sally Oppenheim, Matthew Wrobel, Brian Morrow, and Andrew Ogata. The mission of the Wheaton Park District's HWC is to establish and maintain a workplace and community that encourages environmental and social support of a healthy lifestyle. The committee is responsible for Maintain Don't Gain employee challenge, Biometric Screenings for full and part time employees, Lunch and Learns, and quarterly wellness newsletters to staff. In 2020, The HWC was able to distribute winter, spring and fall newsletters only missing summer newsletter. The newsletters content included: Winter- Tips for staying active over the holidays & winter, a healthy recipe, cold weather fun; Spring- Feasible daily healthy tips, working out at work, a healthy recipe, spring cleaning tips; and Fall- Stress, anxiety, and mental coping strategies to help staff with ways to handle living during a pandemic.

9. CLOCKTOWER MINI GOLF & RAIL SKATE PARK

Clocktower (CTC) is open daily from March-October. Michelle Artis oversees the daily operations and staffing the facilities. In 2020 Clocktower was open July-October. Hours were extended to accommodate households with virtual learners and adults working from home to provide safe, outdoor activities. There are fees for mini golf and concessions but the skate park is free. Due to the pandemic closure March – June, number of golfers and revenue decreased by 34% in 2020. Skate park attendance also decreased. In 2021, CTC will pursue unexplored avenues for revenue generation.

MARKETING OVERVIEW

In the last several years, the Marketing and Parks Plus Fitness Center teams have worked to stand out in a fiercely competitive Wheaton fitness market. More than five full-service fitness centers in less than a four-mile radius have forced the staff to be creative in overall marketing messages, membership initiatives, and unbeatable sale promotions. At the end of each year, the staff meets to plan out the marketing plan for the first six months of the following year. The team continuously analyzes offerings and pricing structure to stay relevant as our competition grows. We were excited to unveil new initiatives and promotions such as bundling a fitness center membership and group fitness, rewarding members with an appreciation party, and partnering with local businesses to create custom programs for their employees. January and February sales were successful, but due to the COVID-19 pandemic, the remainder of the new initiatives planned came to a halt as the facility closed.

During the closure, online resources were made available through the Virtual Recreation Center. The community was able to access a variety of printed workouts and a fitness video to stay active. When the facility reopened in June, the staff offered only one-on-one personal training and selected outdoor group fitness classes. Usually, during the start of summer, the fitness center prepares for its most popular and successful sale of the year, Beat the Heat. This year the staff was busy during this time welcoming members back safely.

Signage throughout the fitness center and email marketing were vital in communicating new protocols and safety measures. Our goal is and will always be to provide a safe location for our members to achieve their health and wellness goals. Staff carefully considered COVID mitigation plans and guidelines as they planned how to get members back to our facility. Appendix A includes email blasts sent to members starting in June 2020 through January 2021. Each email blast detailed how each phase or tier affected PPFC and its members. Over time we learned the importance of clear and timely communication to our members and returning to in-person fitness safely. Members were allowed to return to the fitness center in July at no charge. The staff assured members of their value to our operation. Towards the end of the year, Parks Plus Fitness Center was back to offering discounted memberships. These sales included Veterans Day, The Black Friday Sale, and Student Special.

We look forward to resuming some “normalcy” in our operation in 2021. Staff plans to bring back its most popular sale, Beat the Heat, and provide membership incentives. Now more than ever, demonstrating to members our appreciation for their support of our operation is of most importance. Staff is ready for the challenging year ahead. It is the mission of our district to provide our community a safe and comfortable place to achieve their health and wellness goals, and 2021 will be no exception.

PRE-COVID

JANUARY 1 – MARCH 22, 2020

The first months of the year are crucial to any fitness center as it's one of the highest profit months. With that in mind, staff sought to develop a sale that the facility had never done before to stand out amongst local competition and encourage urgency to sign up for a membership. ***The Sooner You Commit, The More You Save*** sale accomplished both goals. The sale successfully ran through the end of February. A group fitness center pass sale was also offered during this time.

March and April promotion, ***Spring into Savings***, offered 20% off annual fitness center memberships. Marketing materials focused on Park Plus Fitness Center's unique offerings compared to other gyms including \$0 initiation fees, towel service, childcare services, whirlpool, and sauna. Highlighting these benefits worked well in previous years. This sale was intended to run through April 30 but due to the COVID-19 pandemic, the fitness center was temporarily closed from end of March until early July. All members (1-month, 3-months, 6-months, annual) were notified by email (see Appendix A) that their memberships was placed on hold. During its closure, the marketing team engaged the community with a fitness Bingo Card challenge that was promoted via Facebook encouraging the addition of healthy activities like yoga, drinking water, and getting 8 hours of sleep. Participants scored the chance to win a Wheaton Park District swag bag.

RESULTS

- The Sooner You Commit, The More You Save | January 1-February 29
 - 1-50 Signups | Up to 40% Off | **50** Redeemed by January 19
 - 51-100 Signups | Up to 20% Off | **47** Redeemed by February 29
- 20% Off Annual Group Fitness Passes | January 1-February 29
 - **19** New or Renew Members
- March 1-April 30 | Spring into Savings | 20% Off Paid-in-Full Fitness Center Memberships
 - March 1- 15 | **8** New or Renew Members



Parks Plus Fitness Center

THE SOONER YOU **COMMIT**,
THE MORE YOU **SAVE!**
FITNESS CENTER MEMBERSHIP ONLY*

FIRST 1-50 SIGNUPS
UP TO 40% OFF
MONTHLY DUES

FIRST 51-100 SIGNUPS
UP TO 20% OFF
MONTHLY DUES

*Discount is valid on annual monthly paid fitness center memberships. Discounts cannot be combined with any other offers. Resident and non-resident rates apply.

1777 S. Blanchard St. | Wheaton, IL | 630.871.6713
parksplusfitness.com



Parks Plus Fitness Center

GROUP FITNESS SALE
20% Off Annual Passes*

\$0 Initiation Fees

Open **7 Days a Week**

More than **45 Classes**
Offered Each Week

*Discount is valid on annual paid-in full group fitness pass. Discounts cannot be combined with any other offers. Park excludes PWC member group fitness pricing. Resident and non-resident rates apply.

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MARCH & APRIL



Parks Plus Fitness Center

SPRING INTO SAVINGS

20% OFF*
Paid in Full Fitness Center Membership

\$0 INITIATION FEES | TOWEL SERVICE
CHILDCARE SERVICES | WHIRLPOOL & SAUNA

*Discount is valid on annual paid-in full fitness center memberships through April 30. Discounts cannot be combined with any other offers. Resident and non-resident rates apply.

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JUNE

Parks Plus Fitness Center

B I N G O

45 minutes of Yoga	Plank for 3 minutes	100 burpees	Workout before 7am	Go on a 5 mile walk
30 min. bike ride	100 sit ups	Go caffeine free for 24 hours	50 squats	Have a non-stop 10 minute dance party
Walk or jog 2 miles or 30 min. outside	Chair sit against the wall for 4 minutes	Follow RACE WHEATON on Facebook	Avoid sugar for 24 hours	50 tricep dips
Drink your weight in ounces of water	Do a family shuttle run or other field game	100 push ups in one day	Get at least 8 hours of sleep	Do 30 minutes of intense cardio
Take a fitness class online	Workout after 7pm	100 jumping jacks	Walk or run a 5K (3.1 mi.)	No eating 2 hours before bed

REOPENING | PHASE 3

After returning in June, only one-on-one personal training and outdoor group fitness classes were available when the facility initially opened. The staff took time to focus their efforts on communicating with the fitness center and group fitness members and creating materials for members to keep them active and motivated to return to the fitness center once able. Marketing staff designed downloadable workouts for members and the community to use as a part of the district's Virtual Recreation Center. The site featured ten printable workout options focused on strength and conditioning and catered to various fitness levels. Staff created supporting documents to help with the safe reopening of the facility. These included: outdoor group fitness class descriptions, frequently asked questions, things to know for one-on-one training, things to know for attending an outdoor fitness class, and a COVID-19 screen questionnaire. These documents were accessible in emails and on the website for easy access and reference for both staff and members and were incorporated into the materials for reopening in early July.

VIRTUAL RECREATION CENTER WORKOUTS

WORKOUT ONE

- 100 | Mountain Climbers
- 90 | Lunges
- 80 | V-Ups
(Alternating Legs or Both Together)
- 70 | Bicycle Abs (Regular or Straight Leg)
- 60 second Wall Sit
- 50 | Squat Jumps
- 40 | Side-to-Side Planks
- 30 | Monster Jumping Jacks
- 20 | Hand Release Push Ups
- 10 | Burpees

WORKOUT TWO

LOWER BODY
30 seconds each exercise

- Squats
- Plie Squats
- Standing Side Kicks (keep your knee up)
- Curtsy Lunges
- Squat Jumps
- Wall Sit

Repeat everything above for 45 seconds, then 60 seconds each

UPPER BODY
1-3 Sets

- Walkout Push-Ups-- x1, x2, x3, x4, x5
(Remember to stand all the way up after each set of push-ups)
- 60 second Superman
(20 seconds up & down, 20 second hold, 20 seconds up & down)
- Plank Touch Bench or Couch Alternating Hands
(45 seconds, do not rock side-to-side)

WORKOUT THREE

COMPLETE 2-3 SETS

- 35 | Stationary Lunges (right leg in front)
- 35 | Monster Jumping Jacks
- 35 | Stationary Lunges (left leg in front)
- 35 | Squat Jumps
- 15 | Hand Release Push-ups
- 30 | Bench Dips (use a chair or couch)
- 15 | Hand Release Push-ups
- 30 second Fire Hydrants (right leg)
- 30 second Kneeling Side-kicks (right leg)
- 30 second Fire Hydrants (left leg)
- 30 second Kneeling Side-kicks (left leg)
- 60 second V-ups (alternating legs)
- 45 second Side Planks for reps (right side)
- 60 second V-ups (alternating legs)
- 45 second Side Planks
- 60 second Squat Thrusts

WORKOUT FOUR

LOWER BODY
30 seconds each exercise

- Squats
- Plie Squats
- Side Kicks (right leg only)
- Stationary Lunges (right leg in front)
- Squats
- Plie Squats
- Side Kicks (left leg only)
- Stationary Lunges (left leg in front)
- Squat Jumps
- Wall Sit

Repeat everything above for 45 seconds, then 60 seconds each

UPPER BODY

- Lat Pull Overs (hold dumbbell on each end)
- Two-Arm Dumbbell Row
- Jumping Jack Push-Ups

WORKOUT FIVE

COMPLETE 2-3 SETS
Finish All Exercises and then Back to Top

- 15 | Handstand or Handstand Push-Ups
(Against a wall)
- 15 Each Side | Opposite Leg Arm Lifts
- 2 minutes Squat Thrusts
- 2 minutes Plank on Forearms
- 15 | Handstand or Handstand Push-Ups
(Against a wall)
- 15 Each Side | Opposite Leg Arm Lifts
- 2 minutes Squat Jumps
- 2 minutes Straight Leg Bicycle Abs

WORKOUT SIX

COMPLETE 1-2 SETS

- 100 | V-Ups, Alternating Legs
- 90 | Lunges
- 80 | Straight Leg Bicycle Abs
- 70 | Mountain Climbers
- 60 second Wall Sit
- 50 | Lunge Jumps
- 40 | Side-to-Side Planks on Forearms
(Try to tap each hip to the floor)
- 30 | Handstands or Handstand Push-Ups
- 20 | Squat Jumps
- 10 | Hand Release Push-Ups

PHASE 4

JULY 6 – NOVEMBER 19, 2020

Parks Plus Fitness Center was excited to reopen with expanded safety protocols in July under Phase 4 of the Restore Illinois Reopening Plan. Members received notification through email regarding new safety and sanitation protocols. Additional signage was placed throughout the fitness center and notified members in advance of what to expect on their first visit back to the facility. The Restore Illinois Reopening Plan provided branded materials for businesses that the fitness center displayed throughout the fitness center.

As Illinois continued to move through Phase 4, the state announced a Resurgence Mitigation Tier Plan. As metrics fluctuated and worsened in the fall of 2020 in DuPage County, additional regional restrictions were announced, including fitness facility operations. The staff met changes head-on and quickly pivoted to adapt procedures. These requirements changed often but ranged from fitness center reservations to virtual group fitness classes throughout the next five months.

While the fitness center did not offer a discount to new members during this time, new membership was encouraged through general facility marketing. The promotion took place through district wide emails and social media. Also, staff arranged photos of the fitness center to capture social distancing and mask-wearing by members.

REOPENING MATERIALS






Parks Plus
Fitness Center

NEW MEMBERS WELCOME

Get the results you want in a safe,
clean, community environment.

Contact us today!

Located on the Lower Level
parksplusfitness.com

New Members Welcome


Parks Plus
Fitness Center

Get the results you want in a safe,
clean and community environment



EMAIL BLAST IMAGES



GET RESULTS  Parks Plus
Fitness Center



NEW GROUP FITNESS SCHEDULE



FACILITY HOURS



PROCEDURES & SAFETY PROTOCOLS

PHASE 4 | TIER 3

NOVEMBER 20 – YEAR END 2020

A new wave of COVID-19 surged across the state of Illinois and the nation in November. The state announced all regions would move into Tier 3 effective November 20, 2020. The new mitigation requirements impacted Parks Plus Fitness Center operations greatly. The biggest changes included required reservations for fitness center access and group fitness classes moving to a virtual, at-home format. Marketing assisted the fitness center in the set-up and execution of the reservation system in order to maintain cohesive messaging. Additional details of how this phase impacted PPFC can be found in Appendix A on page 31.

Towards the end of the year and after the mitigation changes settled, the fitness center was able to once again offer discounts on annual memberships. This year, the **Veterans Day Sale** returned for only 24-hours. The sale was featured in a dedicated Veterans Day email marketing campaign, which included other facility offerings and discounts. The **Black Friday Fitness Membership Sale** was a little bit different this year than previous years. Typically, it is a specific percentage off throughout a two-week time frame. This year, for the first time ever, 30% off was offered during the first week and then the discount was lowered to 25% the second week. Staff found that using this marketing model, created urgency for members to renew or purchase so they received the best deal. As an influx of students were home from college due to the pandemic, a **Student Winter Special** was offered for only \$5 a week.

PROMOTIONS

- Veteran's Day Sale | 25% Off Fitness Center Memberships | November 11
 - **1** new membership sold
- Black Friday Fitness Membership Sale | November 23-December 7 |
 - November 23-30 | 30% Off | **58** Fitness Center Members & **17** Group Fitness
 - December 1-7 | 25% Off | **10** Fitness Center Members & **0** Group Fitness
- Student Winter Special
 - **RESULTS?**



WE SALUTE YOU!

VETERAN'S DAY SALE
24 Hours Only | November 11

25% OFF
Fitness Center Memberships
for all veterans and active-duty military personnel*

*Some restrictions apply. Cannot be combined with other offers. 10% veterans discount offered year-round. Discount is valid on annual paid-in full fitness center memberships. Resident and non-resident rates apply.

1777 S. Blanchard St. | Wheaton, IL | 630.871.6713
parksplusfitness.com



THE TIME IS NOW

BLACK FRIDAY
FITNESS MEMBERSHIP SALE

30% OFF | **25% OFF**
November 23-30 | December 1-7

BUY ONLINE OR IN-PERSON

*Some exclusions apply. Sale on paid in full annual fitness center membership and regular full price annual group fitness class pass. Cannot be combined with other discounts or offers. Resident and non-resident rates apply.

1777 S. Blanchard St. | Wheaton, IL | 630.871.6713
parksplusfitness.com



STUDENT WINTER SPECIAL
AT PARKS PLUS FITNESS CENTER

\$5 PER WEEK

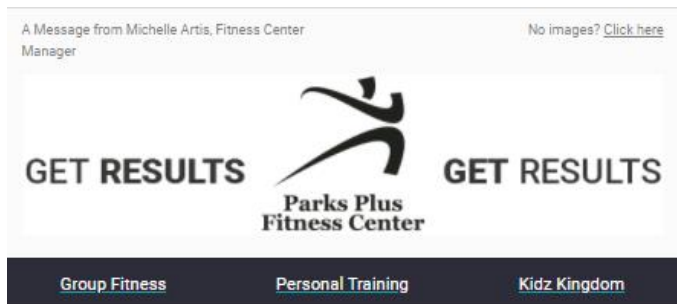
Parks Plus Fitness Center

MUST PRESENT STUDENT ID AT FITNESS DESK.
OFFER VALID THROUGH 1/31/2021. RESTRICTIONS MAY APPLY.

APPENDIX

INITIAL SHUTDOWN & MEMBER COMMUNICATION MARCH- JUNE

MEMBERSHIP UPDATE AND EXTENSION | SENT ON 3/16/20 | 73 % OPEN RATE



Due to the recent closure in response to COVID-19, all memberships (1-month, 3-months, 6-months, annual) have been placed on hold. EFT memberships will not be charged for April. We appreciate your patience during this time. Rest assured, members will not lose any days or time from their membership during this temporary closure.

Physical and mental health will be key to getting through these unprecedented times. We want to assure you that we are committed to the health and safety of the entire community. Thank you for being a loyal member of Parks Plus Fitness Center.

Michelle Artis | Fitness Center Manager
martis@wheatonparks.org

At Home Workout Suggestions

- Do a plank and/or wall sit challenge with a goal of a 3-minute hold.
- Push-ups (variations: hands on the wall or countertop, knees on the floor/mat, regular, feet on a chair/couch or plyo/clapping).
- Add squats into your routine, start with 10 and add 10 each day; squat jumps for advanced.
- No weights. No worries. You can also use household items such as water bottles for weights or chairs/couch for tricep dips.
- Functional fitness is key and has many benefits. Consider cleaning or organizing that closet, room or garage you have been putting off.

Preventative Action is Key

We are asking for community support in remaining vigilant about keeping germs from spreading. The CDC recommends the following preventative actions:

- Avoid close contact with people who are sick.
- Avoid touching your eyes, nose, and mouth.
- Stay home when you are sick or experiencing symptoms of respiratory illness with fever, cough, and difficulty breathing.
- Cover your cough or sneeze with a tissue, then throw the tissue in the trash.
- Clean and disinfect frequently touched objects and surfaces using a regular household cleaning spray or wipe.
- Wash your hands often with soap and warm water for at least 20 seconds, especially after going to the bathroom, before eating, and after blowing your nose, coughing, or sneezing. If soap and water are not readily available, use an alcohol-based hand sanitizer with at least 60% alcohol. Always wash hands with soap and water if your hands are visibly dirty.

SPECIAL EVENTS, ATHLETICS, AND FACILITY UPDATE AS OF MAY 1 | SENT ON 5/3/20 | 53 % OPEN RATE

RE-OPENING WHEATON PARK DISTRICT FACILITIES

Decisions regarding the re-opening of park district facilities will be reviewed and determined in accordance with future announcements by the Governor and direction from the IDPH and CDC.

Parks Plus Fitness Center, Cosley Zoo, and DuPage County Historical Museum memberships remain on hold.

PHASE 3

MEMBERSHIP UPDATE AND NEW FITNESS OFFERINGS STARTING JUNE 19 SENT ON 6/19/20 | 57 % OPEN RATE

A Message from Michelle Artis, Parks Plus Fitness Center Manager No images? [Click here](#)

GET RESULTS  **GET RESULTS**



Membership Update, Virtual Resources, and In-Person Programming to Begin June 22

First and foremost, the Wheaton Park District and Park Plus Fitness Center staff is extremely grateful for the continued support of our members during the temporary closure in response to the COVID-19 crisis. All memberships (1-month, 3-months, 6-months, annual) will continue to be placed on hold. EFT memberships will not be charged until further notice. We appreciate your patience. Rest assured, members will not lose any days or time from their membership during this temporary closure.

We have been working hard during this past month to reactivate our staff as we are able and to develop resources for our members to use at home. You will find these linked below. In addition, we are excited to announce that some in-person opportunities will begin as early as June 22. These outdoor small group fitness classes are open to all membership types. Check out our class schedules below. Registration is required and fees are based on a three-class session. Members are welcome to register for one or as many classes as they see fit. Sessions are \$30.


One-on-one personal training will also resume. Training sessions are available by appointment only, Monday through Friday from 8:30A to 4:30P. More information is below on this offering as well as additional information and reminders for those choosing to take advantage of our socially distanced workout options.

Members and clients are asked to review the [At-Home COVID Screening Questionnaire](#) before coming to an outdoor group fitness class or one-on-one personal training session. Please refrain from attending class or session if you or someone you have been in contact with is experiencing COVID symptoms.


As the Center for Disease Control and Illinois Department of Public Health allows during the continued phases of the Restore Illinois Plan we will be working to adapt our facility to increase our offerings to our membership. Again, thank you for your continued patience and support during this time. Please do not hesitate to reach out with any questions or concerns.

Michelle Artis
Parks Plus Fitness Center Manager
martis@wheatonparks.org | 630-510-5135

Virtual Resources



Check out a wide range of [FREE](#) recreational resources including instructional fitness videos, printable workouts, and educational resources beyond physical fitness.



BEGINNER FREE WEIGHT WORKOUT
The following exercises can be completed with free weights. This is a circuit, start with exercise 1 and work your way down the list and go back to the top and go through it several times to complete each set.
GOAL - Complete 3 times per week
2 SETS, 15-25 reps per set
• 100 | Mountain Climbers
• 60 | Lunges
• Handball Chest Press

10 Printable Workouts Free Weight Workout Fitness Videos

In-Person Outdoor Group Fitness

Outdoor Group Fitness classes will be offered at the Rice Pool Concession Deck. Classes are charged by a session that is comprised of your chosen date/class for three consecutive weeks. Sign up for as many classes as you like, however, space is limited to 9 participants per class. See our schedule for our daily offerings. Please be sure to check out [Things to Know Before Coming to Class](#).

REGISTER NOW
Session 1: June 22-July 10
Session 2: July 13- July 31

SESSION #1
(6/22-7/10)
SCHEDULE

SESSION #2
(7/13-7/31)
SCHEDULE

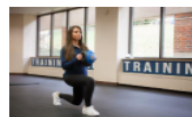
Things to Know Before Your Class

Rice Pool is adjacent to the Community Center, 1777 S. Blanchard St. The pool will not open for the 2020 season.

[Directions](#)

One-On-One Personal Training

We are happy to announce we are able to resume personal training at this time. Personal training sessions are designed for one person at a time and sessions will be spread out to limit contact with other participants/staff as well as to allow for proper sanitation in between clients. Clients with existing personal training sessions can resume with their packages. New client packages are available. Please contact Michelle Artis, Fitness Center Manager, for more information. Pricing has not changed. Small group sessions are not being offered at this time. Please check out [Things To Know Before Your Session](#) prior to your first day returning to the fitness facility.



Things to Know Before Your Session

CONTACT FOR MORE INFORMATION

parksplusfitness.com

FITNESS CENTER REOPENS JULY 6 - WHAT TO KNOW BEFORE YOUR VISIT SENT ON 7/2/20 | 55% OPEN RATE

Reopening Information, Safety Guidelines, and Phase 4 Offerings

No images? [Click here](#)

GET RESULTS

Parks Plus Fitness Center

GET RESULTS



Facility Reopens Monday, July 6 at 6A

First and foremost, **WELCOME BACK!** I am so grateful to our members for your continued support of the fitness center and the Parks Plus Fitness Center Staff. We are excited to be in Phase 4 of the Restore Illinois Reopening Plan which allows us to open with expanded safety protocols. While the fitness experience will be slightly different when you return, please know, the Parks Plus Fitness Center is here to support your fitness journey. We know that everyone's health and wellness journey since the COVID-19 pandemic has been different so as you return don't hesitate to ask questions, reach out, or seek advice on how you can safely return to your fitness routine.

We want each of you to feel comfortable returning to our facility. We have added many additional safety and sanitation protocols which we have outlined below and hours will be limited to account for expanded facility cleaning and maintenance. During the month of July, you will be able to return to the fitness center at no charge. Rest assured, no time, visits or dollars will be lost from your memberships, punch or class passes, or packages. Monthly and annual memberships will reinstate and auto-billing will resume on August 1. During the month of July, Group Fitness/Class Pass members are welcome to utilize the fitness center at no charge. Outdoor group fitness classes are available, fees apply.

This email contains important information for members to review before returning to the fitness center for their first workout/visit. Prior to each fitness center visit, we are asking all members and clients to review the [At-Home COVID Screening Questionnaire](#). Please refrain from visiting the fitness center, attending class, or session if you or someone you have been in contact with is experiencing COVID-like symptoms.

We will continue to adapt our facility to increase our offerings to our members as we are able. Our goal is to begin pop-up indoor group fitness classes mid-July as we adapt our programming and we prepare to resume our weekly group fitness class schedule in August. Notification of classes will be made at the fitness center and via email. Again, thank you for your continued patience and support during this time. If you have questions on any of the information, please reach out to me personally.

Michelle Artis
Parks Plus Fitness Center Manager
martis@wheatonparks.org | 630-510-5135

Modified Facility Hours



Monday* 6A-8P
Tuesday* 6A-8P
Wednesday* 6A-8P
Thursday* 6A-8P
Friday* 6A-8P
Saturday 7A-3P
Sunday 7A-3P

*Kids Kingdom Childcare open for on-site Parks Plus Fitness Members only from 8:30A-12P, Monday through Friday.

New Facility Procedures & Safety Protocols

WHEN YOU ARRIVE

- Enter the building through the Main Entrance by the Community Center front desk.
- Please wear a face mask in and out of the building. You may remove it during your workout as long as 6-ft distance can be maintained.


- Please continue to contactless check-in at the fitness desk (with your mask on). Members must bring their cards to scan themselves in. If you have misplaced your card, replacements can be obtained at the Community Center Front desk.
- Kindly limit your workout to one-hour to ensure all members get a chance to utilize the fitness center during this time.
- Per the State of Illinois, fitness facilities are allowed up to a 50% capacity of their facility. We will be setting the fitness center capacity to 75 members at this time. This does not include ancillary areas such as the group fitness classes (when they resume), indoor track or locker rooms.
- If maximum capacity is met, members waiting will be cued in a line, 6-ft apart on the lower level.
- Locker rooms will be open with modifications. Sauna and whirlpool are closed.
- Please bring your own mat, water bottle, and towel, as mats, water fountains, and towel services are not available during this time.

SOCIAL DISTANCING & SAFETY PRECAUTIONS

- Machines and equipment have been spaced out with a minimum of 6-ft. distance. Some equipment has been removed to allow for greater social distancing during your workout. We will bring this equipment back as we are allowed.
- Please be respectful of those working out. Maintain a distance of at least 6-ft, but preferably 10-ft when available such as in a group fitness class.
- Additional cleaning stations have been placed throughout the fitness center.
- You must clean your equipment to prevent the spread of germs before and after each use.
- Please keep your mask with you during your workout and wear it when conversing with fellow members or staff.
- The indoor track is open. Please maintain a safe social distance when walking, jogging, or running.
- Stay home and refrain from visiting the fitness center, attending class, or session if you or someone you have been in contact with is experiencing COVID-like symptoms.
- Additional maintenance and sanitizing procedures have been put in place on top of daily cleaning. This includes frequent cleaning and disinfecting of all surfaces and equipment throughout the entire facility including hallways.
- Hand sanitizing stations will be available.

CHILDCARE

- Kids Kingdom will be available for on-site Parks Plus Fitness Center members only.
- Childcare will allow an 8 child maximum at all times.
- Modified hours of operation are Monday through Friday from 8:30A-12P.
- Children must be walking to limit contact between staff and a child.
- If your child requires, please bring a drink and/or snacks in sealed containers clearly marked for your child. They should be child accessible to limit staff contact.



Sanitize and clean exercise areas and equipment before and after each use.

Wear a mask when social distancing of 6-ft. cannot be maintained.

Saunas, whirlpools, towel service and drinking fountains are closed.

Limited Outdoor Group Fitness

Outdoor Group Fitness classes will continue to be offered at the Rice Pool Concession Deck+ through the end of July. Classes are \$30 per session which is comprised of your chosen date/class for three consecutive weeks. Drop-in rates are \$10 per class for a Resident and \$13 per class for Non-resident. Space cannot be guaranteed and is limited per class. See our schedule for our daily offerings. Please be sure to check out [Things to Know Before Coming to Class](#).



Rice Pool is adjacent to the Community Center, 1777 S. Blanchard St. The pool will not open for the 2020 season.

+ In cases of inclement weather classes may be moved indoors.

REGISTER NOW

Session 1: Now-July 10
Session 2: July 13- July 31

SESSION #1
(now-7/10)
SCHEDULE


SESSION #2
(7/13-7/31)
SCHEDULE

Things to Know
Before Your
Class

New Members Welcome


Get the results you want, in a safe, clean, community environment

Parks Plus Fitness Center




parksplusfitness.com

New fitness offerings and membership information [No images? Click here](#)

GET RESULTS  **GET RESULTS**

Parks Plus Fitness Center



Now Offering Pop-Up Fitness & More

Our facility has been reopened now for almost two weeks. Thank you to all of our members for your continued support. We appreciate being your choice for fitness. We understand that each person's fitness journey during a pandemic will be individual. If there is anything we can do as your fitness center please do not hesitate to reach out. We want each of you to feel comfortable returning to our facility. Please continue to complete the [At-Home COVID Screening Questionnaire](#) prior to each visit to the fitness center, group fitness class, or personal training session. This screening is one of many ways we are ensuring the safety of our members and staff during this time.

All memberships continue to be placed on hold through July 31. Monthly and annual membership status will be activated and auto-billing will resume on August 1. All expiration dates have been extended to compensate for the time closed. During the month of July, Group Fitness/Class Pass members are welcome to utilize the fitness center at no charge.

We are pleased to announce, our free pop-up indoor group fitness classes will begin next week as we adapt our programming and we prepare to resume our weekly group fitness class schedule in August. All are welcome to these fitness classes. Reservations are required, as space is limited to ensure social distancing. You will find this information below as well as additional information on members-only benefits.

We are excited to resume our weekly group fitness schedule in the month of August (August 3- September 5). The schedule will be released in the Wheaton Park District August E-Program Guide next Wednesday, July 22 at 2P. You will receive an email with the linked guide, schedule, and class descriptions that can be found on pages 7 and 8. In an effort to maintain social distancing guidelines you will be required to register in advance for group fitness classes. This will be done online, by clicking on the class of your choice directly from the e-guide. Classes are reserved for active Group Fitness Class Pass holders. You are welcome to register for one or as many classes as you plan to attend. Please see our important information and safety links below prior to each visit to the fitness center.

Michelle Artis
Parks Plus Fitness Center Manager
martis@wheatonparks.org | 630-510-5135

Pop-Up Group Fitness Class Schedule

All members are welcome to attend our pop-up group fitness classes at no charge until July 31. Social distancing of a minimum of 10 ft. is required for group fitness classes. Classes will meet in the Community Center Gym located on the first floor of the Community Center or the Rice Pool Deck, as noted. Masks must be worn to and from class (entering/exiting the facility) and in common areas of the facility such as hallways, locker rooms, and at service desks. Please bring your own water, towel, and a mat. All class formats are 45-minutes unless otherwise noted. Classes are free, but reservations are required. Click on the title of the class you wish to participate in and claim your "ticket". A confirmation email will be sent to you via email. If you cannot attend a session, please be sure to cancel your reservation to make room for others who may want to participate.

CARDIO CORE CHALLENGE Monday, July 20 9:35-10:20A CC GYM	CARDIO CORE CHALLENGE Friday, July 24 9:35-10:20A CC GYM	SPIN Saturday, July 25 7:30-8:15A RICE POOL DECK
CARDIO CORE CHALLENGE Monday, July 27 9:35-10:20A CC GYM	CARDIO CORE CHALLENGE Friday, July 31 9:35-10:20A CC GYM	SPIN Saturday, August 1 7:30-8:15A RICE POOL DECK

POP-UP FITNESS CLASSES NOW BEING OFFERED | SENT ON 7/16/20 | 46% OPEN RATE

Membership Benefits



Do not forget to take advantage of this month's Parks Plus Fitness Membership offers.



DISCOUNTED LIGHT THE TORCH VIRTUAL 5K ENTRY

Challenge yourself, family, and friends from October 3-17 with a virtual race! Members **use code PPFC for \$10 off**. Plus save even more by registration as a team of 4 or more. [Register Here](#)



CHILDCARE NOW AVAILABLE FOR MEMBERS ONLY

The Kidz Kingdom Childcare is open only for members from 8:30A-12P, Monday through Friday. Limit of 8 children will be allowed in the facility at one time. Masks are required for children 2 years of age and older. *Children must be walking.*

Modified Facility Hours



Monday*	6A-8P
Tuesday*	6A-8P
Wednesday*	6A-8P
Thursday*	6A-8P
Friday*	6A-8P
Saturday	7A-3P
Sunday	7A-3P

*Kidz Kingdom Childcare open for on-site Parks Plus Fitness Members only from 8:30A-12P, Monday through Friday.

Important Safety Information & Links

COVID PARTICIPANT GUIDELINES

FACILITY SAFETY PROTOCOLS

AT-HOME SCREENING & QUESTIONNAIRE

PLEASE HELP STOP THE SPREAD OF COVID-19

- Sanitize exercise areas and equipment before and after each use.
- Maintain a minimum social distance of 6-ft. at all times.
- Wear a mask when entering/exiting the facility, in the common areas such as hallways, locker rooms, and at service desks.
- Saunas, whirlpools, towel service, and drinking fountains are closed.

[PARKSPUSFITNESS.COM](https://parksplusfitness.com)

NEW GROUP FITNESS CLASS PASS AND FALL SCHEDULE ANNOUNCED SENT ON 8/31/20 | 45% OPEN RATE

Fall fitness schedule starts September 8! [No images? Click here](#)



We greatly appreciate your continued support of the Parks Plus Fitness Center. We are excited to release our [Fall Group Fitness Schedule](#) which will begin September 8. We have added several new offerings including lunchtime pilates and 5:15A Sculpt Express. Group fitness classes are a great way to "fitness at a distance", yet still enjoy the camaraderie and motivation of your instructor and fellow members. Be sure to wear a mask when entering/exiting the facility, in the common areas such as hallways, locker rooms, and at service desks.

We are now offering a [Group Fitness Class Punch Card](#), as well as the unlimited monthly and annual Class Passes. Fitness center members can purchase a 10, 20, or 30 class punch cards at 20% off. Adding a group fitness class to your standard fitness routine is a great way to stretch your body and to mix-it-up. Our F.A.T. | Firm and Tighten classes have been met with rave reviews this summer and you will find those continued this fall.

As always, I encourage our members to stay vigilant and safe during this time. We have included our [Participant Guidelines](#), [Facility Safety Protocols](#), and [COVID-19 At-Home Screening & Questionnaire](#) below for continued reference. Thank you in advance for wearing your masks when entering/exiting the facility, in common areas, and at service desks. We appreciate your diligence in maintaining a minimum distance of six-feet at all times, and for cleaning your equipment before and after each use.

Michelle Artis



RESERVATIONS ARE REQUIRED IN ADVANCE

To reserve your space in a class, click on the image above to view our schedule. Click on the class name you wish to register for, choose the date(s) you plan to attend, and reserve your spot. **A valid and active Group Fitness Class Pass or Punch Card is required.** Registration is through a third-party vendor, Eventbrite. The fall schedule runs September 8- October 31. Classes are subject to change.

New to Parks Plus Fitness? Please call our fitness desk for more information at 630-871-6713 or learn more [here](#).

What To Expect When Attending A Group Fitness Class

Our goal is to provide a great workout while social "fitnessing". Class sizes are limited and participants must make reservations in advance. We have moved our group fitness classes into larger areas, the Community Center Gym and Memorial Room Auditorium, the Central Athletic Complex Gym (500 S. Naperville Rd.), and outdoors at the Rice Pool under the covered deck. If the room allows, we will open all exit doors to provide outdoor ventilation. Participants are encouraged to use these doors for entry into and out of the class, limiting the time inside common areas of the building. Participants are spaced 10-feet apart during class. Masks are to be worn to class and after class when exiting the facility. Equipment is cleaned before and after each use. Participants will need to bring their own mat, water bottle, and towel to class. Expect to still have a great time and awesome workout even with all the new safety protocols in place.

NEW CLASS PUNCH CARDS

Fitness Center Members receive 20% off 10, 20, or 30 Class Punch Cards. Our monthly and annual Group Fitness Class Pass is still being offered to give our fitness class lovers an even better deal! Class Punch Cards can be purchased at the Community Center front desk.

Residents

10 Class Punch Card - \$80
20 Class Punch Card - \$120
30 Class Punch Card - \$150

Nonresidents

10 Class Punch Card - \$100
20 Class Punch Card - \$150
30 Class Punch Card - \$188

FACILITY HOURS



Monday-Friday* 6A-8P
Saturday/Sunday 7A-3P

*Childcare is open for on-site PPFC Members from 8:30A-1P, Monday through Friday, starting September 8. Current hours through September 8 are 8:30A-12P weekdays only.

LABOR DAY (9/7) | Fitness Center - 7A-1P | Group Fitness & Childcare - CLOSED

Important Safety Information & Links

PARTICIPANT
GUIDELINES

FACILITY SAFETY
PROTOCOLS

AT-HOME
SCREENING

PLEASE HELP STOP THE SPREAD OF COVID-19

- Sanitize exercise areas and equipment before and after each use.
- Maintain a minimum social distance of 6-ft. at all times.
- Wear a mask when entering/exiting the facility, in the common areas such as hallways, locker rooms, and at service desks.
- Saunas, whirlpools, towel service, and drinking fountains are closed.

MEMBERSHIP BENEFITS



DISCOUNTED LIGHT THE TORCH VIRTUAL 5K ENTRY

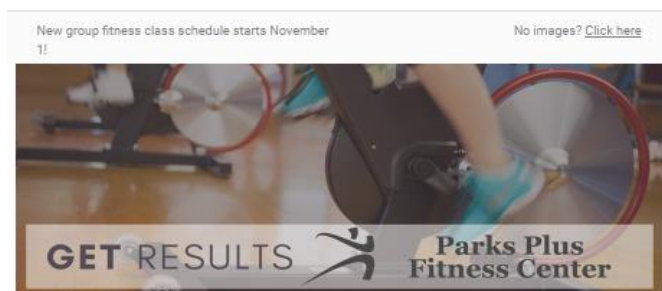
Challenge yourself, family, and friends from October 3-17 with a virtual race! Members **use code PPFC for \$10 off**. Plus save even more when you register as a team of 4 or more. [Register Here](#)



CHILDCARE EXPANDED HOURS BEGIN SEPTEMBER 8

The Kidz Kingdom Childcare is staying open one hour later, on weekdays starting September 8. Hours will be 8:30A-1P, Monday through Friday. Masks are required for children 2 years and older. *Children must be walking.*

NEW GROUP FITNESS SCHEDULE STARTS NOVEMBER 1 SENT ON 10/28/20 | 41% OPEN RATE



A MESSAGE FROM OUR FITNESS CENTER MANAGER

We are grateful to continue to serve your fitness needs. Thank you for choosing Parks Plus Fitness Center as your fitness home. During these times, staying active and engaged is so important to not only your physical but also your mental health. This will be especially important as we move into the winter months.

I encourage our members to stay vigilant and safe during this time. We have included our [Participant Guidelines](#), [Facility Safety Protocols](#), and [COVID-19 At-Home Screening & Questionnaire](#) below for continued reference. Thank you in advance for wearing your masks when entering/exiting the facility, in common areas such as hallways, locker rooms, at service desks, and when visiting with fellow members. We appreciate your diligence in maintaining a distance of six-feet at all times. Please continue to help stop the spread of COVID-19 by cleaning your equipment before and after each use. Remember you will need to bring your own water, mat, and towel to the fitness center.

We are excited to release our new [Group Fitness Schedule](#), which will begin on November 1. Advance reservations are required. Group fitness classes continue to be a great way to "fitness at a distance," yet still enjoy the camaraderie and motivation of your instructor and fellow members. We are offering a [Group Fitness Class Punch Card](#), as well as the unlimited monthly and annual Class Passes. Fitness center members can purchase 10, 20, or 30 class punch cards at 20% off. Adding a group fitness class to your standard fitness routine is a great way to mix-it-up.

We appreciate your continued support of the Parks Plus Fitness Center.

Michelle Artis
Parks Plus Fitness Center Manager
maris@wheatonparks.org | 630-510-5135



Reservations Are Required in Advance

To reserve your space in a class, click on the image above to view our schedule. Select the class name you wish to register for, choose the date(s) you plan to attend and reserve your spot. **A valid and active Group Fitness Class Pass or Punch Card is required.** Reservations are through a third-party vendor, Eventbrite. The new schedule runs November 1-December 31. Classes, locations, and instructors are subject to change. If you need to cancel your reservation for a class please email maris@wheatonparks.org or lloftus@wheatonparks.org prior to the class start so we can release your space for another member.

New to Parks Plus Fitness? Please call our fitness desk for more information at 630-871-6713 or learn more [here](#).

What To Expect When Attending A Group Fitness Class

Class sizes are limited and participants must make reservations in advance. We have moved our group fitness classes into larger areas, the Community Center Gym and Memorial Room Auditorium and the Willow Room. Participants are spaced 10-feet apart during class. Masks are to be worn to class and after class when exiting the facility. Equipment is cleaned before and after each use. Participants will need to bring their own mat, water bottle, and towel to class.



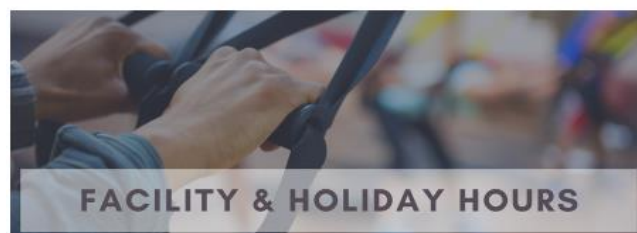
Fitness Center Members receive 20% off 10, 20, or 30 Class Punch Cards. Our monthly and annual Group Fitness Class Pass is still being offered to give our fitness class lovers an even better deal! Class Punch Cards can be purchased at the Community Center front desk.

RESIDENTS

10 Class Punch Card - \$80
20 Class Punch Card - \$120
30 Class Punch Card - \$150

NONRESIDENTS

10 Class Punch Card - \$100
20 Class Punch Card - \$150
30 Class Punch Card - \$188



Facility Hours

MONDAY - FRIDAY* | 6A-8P
SATURDAY & SUNDAY | 7A-3P

*Childcare is open for on-site PPFC

Members from 8:30A-1P, Monday through Friday.

Holiday Hours

THANKSGIVING DAY (11/26) | 7A-1P
CHRISTMAS EVE (12/24) | 7A-1P
CHRISTMAS DAY (12/25) | CLOSED
NEW YEARS EVE (12/31) | 7A-1P
NEW YEARS DAY (1/1/2021) | CLOSED

Kidz Kingdom Holiday Closures

Childcare will be unavailable on the following dates:
November 23-27 | Closed
December 21-25 | Closed
December 28-31 | Closed
January 1 | Closed

UPCOMING VIRTUAL EVENTS



Challenge yourself, family, and friends from December 5-19 with a virtual race! Members use code PPFC for \$10 off. Plus save even more when you register as a team of 4 or more. [Register Here](#)

IMPORTANT SAFETY INFORMATION & LINKS



PARTICIPANT
GUIDELINES

SAFETY
PROTOCOLS

AT-HOME
SCREENING

Please help stop the spread of COVID-19

- Sanitize exercise areas and equipment before and after each use.
- Maintain a minimum social distance of 6-ft. at all times.
- Wear a mask when entering/exiting the facility, in the common areas such as hallways, locker rooms, at service desks, and when six-feet social distance cannot be maintained.
- Saunas, whirlpools, towel service, and drinking fountains are closed.

PARKSPUSFITNESS.COM

PHASE 4 – TIER 3 RESURGENCE

IMPORTANT MEMBER UPDATE | RESERVATIONS WILL BE REQUIRED BEGINNING FRIDAY, NOVEMBER 20 | SENT ON 11/19/20 | 50% OPEN

Tier 3 Resurgence Mitigation New Guidelines & Reservations Now Required for Parks Plus Fitness Center

No images? [Click here](#)



IMPORTANT MEMBER UPDATE | ADVANCE WORKOUT RESERVATIONS REQUIRED and other Tier 3 Resurgence Mitigations to begin Friday, November 20

With a new wave of COVID-19 surging across the state of Illinois and the nation, the state has announced that all 11 regions will move into Tier 3 effective November 20, 2020, at 12:01A.

The new mitigation requirements impact the Parks Plus Fitness Center operations. Please refer to the following:

- The fitness center will operate at no more than 25% capacity and reservations will be required in advance to reserve your designated workout session.
- Reservations can be made up to seven (7) days in advance online through our [website](#) (recommended) or by calling the fitness center front desk at 630-871-6713 during business hours.
- Face masks covering both mouth and nose are now required at all times while in the building, even while exercising.
- Indoor group fitness classes are suspended. Group fitness members will be contacted directly about how to access virtual classes remotely via Zoom. Virtual classes will begin Monday, November 23. An updated fitness schedule will be available on the website. If you are not currently a group fitness member and would like more information on registering for this offering, please contact the fitness center directly at 630-871-6713 or visit and register at parksplusfitness.com.
- One-on-one personal training is available and can be scheduled through our trainers, for more information call 630-871-6713. Personal Studio Training options are also available in a one-on-one format and will take place in exercise studio rooms and not in the fitness center. Face masks will be required at all times during personal training sessions.
- Members should bring their own water, mats, and towels as these services are currently suspended.
- Whirlpools and sauna amenities continue to be unavailable at this time.
- Locker room areas are now closed.
- Kidz Kingdom childcare is now closed.

We want each of you to feel comfortable visiting our facility. We will continue to follow safety and sanitation protocols which we have outlined below and hours will continue to be limited to account for expanded facility cleaning and maintenance. Prior to each fitness center visit, we are asking all members and clients to review the [At-Home COVID Screening Questionnaire](#). Please refrain from visiting the fitness center or training session if you or someone you have been in contact with is experiencing COVID-like symptoms.

If you have questions about any of the information, please reach out to me personally.

Michelle Artis
Parks Plus Fitness Center Manager
martis@wheatonparks.org | 630-510-5135

Facility Hours



Monday	6A-8P
Tuesday	6A-8P
Wednesday	6A-8P
Thursday	6A-8P
Friday	6A-8P
Saturday	7A-3P
Sunday	7A-3P

THANKSGIVING HOURS OF OPERATION: Thursday, November 26 | 7A-1P.

Facility Procedures & Safety Protocols

BEFORE YOU ARRIVE

- Reservations must be made in advance of your arrival at Parks Plus Fitness Center. You may reserve your workout up to seven (7) days in advance online through our [website](#) (recommended) or by calling the fitness center front desk during normal business hours at 630-871-6713 to reserve your 85-minute timeslot. For the indoor track reservations, please call the Community Center front desk at 630-690-4880.
- Face coverings must be worn at all times, including while engaged in individual exercises regardless of the person or machine spacing. Please plan accordingly.
- Prior to each fitness center visit, we are asking all members and clients to review the [At-Home COVID Screening Questionnaire](#). Please refrain from visiting the fitness center or training session if you or someone you have been in contact with is experiencing COVID-like symptoms.
- Locker rooms, sauna, and whirlpool are closed. Please plan accordingly.
- Please plan to bring your own mask, mat, water, and towel, as mats, water fountains, and towel services are not available during this time.
- Kidz Kingdom Childcare is closed. Please plan alternate off-site care for children during your visit.

RESERVE YOUR WORKOUT

UPON ARRIVAL

- Enter the building through the Main Entrance by the Community Center front desk.
- Please wear a face mask at all times, including while engaged in individual exercise regardless of person or machine spacing.
- Please continue to contactless check-in at the fitness desk (with your mask on). Members must bring their cards to scan themselves in. If you have misplaced your card, replacements can be obtained at the Community Center Front desk.
- Please continue to clean your equipment before AND after each use. Sanitizing stations are located throughout the facility.
- Hand sanitizer is available for your use and should be used upon arrival and prior to leaving the facility.
- Kindly limit your workout to your 85-minute time slot. Please see below for available reservation times.
- Per the State of Illinois, fitness facilities are allowed up to a 25% capacity of their facility. We will be setting the fitness center capacity to 35 members at this time. This does not include ancillary areas such as the indoor track located on the upper level.

SOCIAL DISTANCING & SAFETY PRECAUTIONS

- Machines and equipment have been spaced out with a minimum of 6-ft. distance. Some equipment has been removed to allow for greater social distancing during your workout.
- Please be respectful of those working out. Maintain a distance of at least 6-ft.
- Additional cleaning stations have been placed throughout the fitness center.
- You must clean your equipment to prevent the spread of germs before and after each use.
- Please keep your mask with you during your workout and wear it when conversing with fellow members or staff.
- If using the indoor track, please maintain a safe social distance when walking, jogging, or running.
- Stay home and refrain from visiting the fitness center or training session if you or someone you have been in contact with is experiencing COVID-like symptoms.
- Additional maintenance and sanitizing procedures have been put in place on top of daily cleaning. This includes frequent cleaning and disinfecting of all surfaces and equipment throughout the entire facility including hallways.
- Hand sanitizing stations will be available.



Sanitize and clean exercise areas and equipment before and after each use.



Wear a mask at all times and maintain social distance while working out.



Locker rooms, saunas, whirlpools, towel service, & water fountains are closed.

Virtual Resources



Our **FREE** recreational resources will continue to be available online including instructional fitness videos, printable workouts, and educational resources beyond physical fitness.

Printable Workouts

Free Weight Workout


Fitness Videos & Resources

parksplusfitness.com

PHASE 4 – TIER 2 RESURGENCE

GROUP FITNESS TIER 2 SCHEDULE UPDATES | SENT ON 1/21/21 | 70% OPEN RATE

In-Person Group Fitness Classes Resume January 24 [No images? Click here](#)



GET RESULTS Parks Plus Fitness Center

IMPORTANT GROUP FITNESS MEMBER UPDATE |
The new Winter Group Fitness Schedule starts this Sunday (January 24) and will feature in-person and virtual classes.

The Tier 2 Mitigations place strict guidelines on our offerings. Parks Plus Fitness Center will follow the state mandate and mitigations requirements.

On Monday, January 18, the Illinois Department of Public Health updated their metrics which moved our Region 8 to Tier 2, effective immediately. In short, this means group fitness can resume in-person classes, although we will continue to offer our members virtual class options as well. In an effort, to make sure this process goes as smoothly and safely as possible, please review the below information. A new [group fitness schedule](#) will begin on January 24, until then, all classes will remain virtual.

- Indoor group fitness classes will resume on Sunday, January 24. Due to the nature of fitness programming, space capacity limits, and to best accommodate our group fitness membership, we will continue to offer some group fitness classes virtually. In addition, some classes will be offered in a mixed format.
- [Reservations](#) will continue to be required for all group fitness classes (in-person and virtual).
- An updated [group fitness schedule](#) will be available on the website. Login information required for virtual classes via Zoom is listed below as a reminder.
- Group fitness classes are reserved for group fitness members only. If you are not currently a group fitness member and would like more information on registering for this offering or upgrading your fitness center membership, please contact the fitness center directly at 630-871-6713 or visit [parksplusfitness.com](#).
- Group fitness in-person classes will be held to a maximum capacity of 10, plus the instructor during Tier 2 Mitigations.
- Face masks covering your mouth and nose are required at all times while in the building, even while exercising, regardless of spacing.**
- Locker rooms will open with modifications.
- Please bring your own mat, water bottle, and towel as mats are not available during this time.
- Kidz Kingdom Childcare is closed. Please plan alternate off-site care for children during your visit.

We want each of you to feel comfortable visiting our facility and classes. We will continue to follow safety and sanitation protocols which we have outlined below and hours will continue to be limited to account for expanded facility cleaning and maintenance. Prior to each in-person group fitness class, we are asking all members and clients to review the [At-Home COVID Screening Questionnaire](#). Please refrain from attending a group fitness class if you or someone you have been in contact with is experiencing COVID-like symptoms.

We are hopeful that our Region 8 will move to Tier 1 Mitigations soon. This move will not change our group fitness schedule or format but would allow us to increase class capacity. When we reach Tier 1, we will update our [registration site](#) to reflect the updated class capacity which will be based on the state guidelines and room capacity to maintain a safe social distance between participants.


If you have questions about any of this information, please reach out to us at your convenience.



NEW GROUP FITNESS SCHEDULE


ZOOM ACCESS INFORMATION
- For Members Only -

MEETING ID: 208 343 9452
PASSWORD: ParksFit2!



FACILITY HOURS

Monday - Friday | 6A-8P
Saturday & Sunday | 7A-3P



PROCEDURES & SAFETY PROTOCOLS

BEFORE YOU ARRIVE

- Advance registration is required for both in-person and virtual group fitness classes. [Register online](#), by clicking on the class you wish to participate in.
- Indoor track reservations are still required, please call the Community Center front desk at 630-690-4880.
- Prior to each in-person group fitness class, we are asking all members and clients to review the [At-Home COVID Screening Questionnaire](#). Please refrain from visiting the fitness center or training session if you or someone you have been in contact with is experiencing COVID-like symptoms.
- Locker rooms have reopened with modifications, please plan accordingly.
- Please bring your own mask, mat, water bottle, and towel. Mats and towel service are not available during this time.

UPON ARRIVAL

- Enter the building through the Main Entrance by the Community Center front desk and head directly to your group fitness class location.
- Face masks covering your mouth and nose are required at all times while in the building, even while exercising, regardless of spacing.**
- Hand sanitizer is available for your use.
- In-person group fitness classes are limited to a maximum capacity of 10 persons plus one instructor.
- For virtual classes, please log in to Zoom approximately five-minutes prior to the class start time.

SOCIAL DISTANCING & SAFETY PRECAUTIONS

- Please be respectful and maintain a distance of at least 6-ft.
- You must clean your equipment to prevent the spread of germs before and after each use.
- Stay home and refrain from in-person group fitness classes if you or someone you have been in contact with is experiencing COVID-like symptoms.
- Additional maintenance and sanitizing procedures have been put in place throughout the entire facility including hallways.



Sanitize and clean exercise areas and equipment before and after each use.



Wear a mask at all times and maintain social distance while working out.



Saunas, whirlpools, and towel services are closed. Water bottle refill stations have reopened.

VIRTUAL RESOURCES



Our **FREE** recreational resources will continue to be available online including instructional fitness videos, printable workouts, and educational resources beyond physical fitness.

PRINTABLE WORKOUTS

FREE WEIGHT WORKOUTS

FITNESS VIDEOS & RESOURCES

parksplusfitness.com