

FITNESS CENTER & FITNESS CLASSES

We ask that everyone who visits our facilities completes this [Health Self-Check Questionnaire](#) before arriving, and only comes to our facilities if you check no to all questions.

Fitness Center

The Darien Park District is excited to reopen our fitness center following guidelines from the [Illinois Department of Commerce and Economic Opportunity for Phase 4 of the Restore Illinois Plan](#).

- Members should wear face coverings over their nose and mouth whenever not exercising (exceptions can be made for people with medical conditions or disabilities that prevent them from safely wearing a face covering)
- Members should maintain 6 feet of distance during exercise.
- Members should clean and sanitize equipment (e.g., weights, treadmills) before and after use
- Equipment should not be shared between members at the same time unless from the same household
- Locker rooms will be closed.
- Fitness equipment will be thoroughly sanitized by park district staff.
- Please stay home if you are sick.

FITNESS CENTER UPDATED HOURS

Mondays - Thursdays: 7:00am – 8:00pm

Fridays: 7:00am – 6:00 pm

Saturdays & Sundays: 7:00am – 12:00 pm

Group Exercise Classes

- Registration is available online at darienparks.com, can be emailed to ltanouye@darienparks.com, or can be dropped off at the drop box outside the community center front door.
- Class size will be limited to ensure enough space to maintain social distancing guidelines.
- Participants should come dressed and ready for class.
- Locker rooms will not be available.
- Maintain social distance of 6 feet from individuals outside of your household.
- Participants must wear a face covering in to and out of facility and whenever not exercising.
- Fitness equipment will be thoroughly sanitized by District staff between classes. Participants may be asked to assist in cleaning efforts at the end of their class by wiping equipment using provided disinfectant wipes.
- Hand sanitizer will be available for participants.
- Please stay home if you are sick.

Personal Training

- Personal Training will occur by appointment only indoors at the community center.
- Personal Training packages are available for both youth (10-18 year olds) and adults.
- Adult training available in 1, 5, or 10 hour packages
- Youth training available in 5 or 10 hour packages
- Training will be limited to Monday through Friday. Times are based on availability
- Participants should come dressed and ready for their session. Locker rooms will not be available.
- Maintain social distance of 6 feet from individuals outside of your household.
- Personal trainers will wear face coverings during the session.
- Participants are encouraged to bring a face covering if needed, although not required during workout.
- Fitness equipment will be thoroughly sanitized by District staff between sessions. Participants may be asked to assist in cleaning efforts at the end of their session by wiping equipment using provided disinfectant wipes.
- Hand sanitizer will be available for participants.
- Please stay home if you are sick.
- Contact Laura with questions or to schedule at ltanouye@darienparks.com

Youth Personal Training

Instructor: Laura Tanouye, ACE Certified Personal Trainer

Whether you are looking to gain strength, build endurance, lose weight or stay in shape this summer, come utilize our youth personal training program. Individualized and comprehensive workouts will be designed by a certified personal trainer to meet your exact needs. Contact Laura with any questions or to schedule a session at 630-968-6400 x 127 or ltanouye@darienparks.com

Who: 10-18

Five Sessions	\$100(R)	\$110(NR)
Ten Sessions	\$180(R)	\$190(NR)

Adult Personal Training

Trainer: Laura Tanouye, ACE Certified Personal Trainer

Our personal trainer will gear your workout according to your fitness level. If you need more motivation and fitness education, we are here for you. Stay on track with your exercise program and let our nationally certified trainer bring your fitness to the next level. To schedule your personal training sessions, call 630-968-6400 x 127 or email at ltanouye@darienparks.com.

Who: Adults age 18 & older

One Hour	\$42(R)	\$60(NR)
Five Hours	\$190(R)	\$290(NR)
Ten Hours	\$350(R)	\$450(NR)

Fitness Center Membership Special

[Click here for 3 Month Special](#)



Physical Education Programs

Trainer: Laura Tanouye, ACE Certified Personal Trainer & Youth Fitness Specialist

With this school year looking different than any we've had before, we are excited to offer a personalized physical education program for school age kids. We can work on gross motor skills, agility, flexibility, or more. Fitness activities, games, obstacle courses, and more will be done to let the kids have fun and burn off energy!

All sessions will be for 30 minutes. Sessions will be conducted following social distance guidelines. Contact Laura with any questions or to schedule a session at ltanouye@darienparks.com, or 630-968-6400 x 127.

Ages: 5-9. Community Center.

P.E. For Me

5 Sessions \$50 (R)/\$55 (NR)
10 Sessions \$80 (R)/\$90 (NR)

P.E. For US (2 kids in the same household)

5 Sessions \$85 (R)/\$90 (NR)
10 Sessions \$150 (R)/\$160 (NR)



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Fall 2020
Program Guide](#)