



## ADMINISTRATION & RECREATION CENTER

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### PRESS RELEASE

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**FOR IMMEDIATE RELEASE – February 18, 2020**

### Shake Up Your Fitness Routine with New Training Studio

**Photo: [The new Functional Training Studio in the Community Center will be open February 24](#)**

Lisle, IL – Community Park Fitness is opening a brand new space for members to spread out and change up their usual fitness routine.

Located in the Community Center (1825 Short St., Lisle), just down the hall from the Community Park Fitness floor, the new Functional Training Studio will offer space for a variety of different exercises, not necessarily available to members in the traditional fitness center space. The room includes battle ropes, Bosus, parallette bars, TRX suspension trainers, free weights, kettle bells, medicine balls, and a variety of resistance bands.

With a great view of Community Park and easy outdoor access to enjoy exercising outside, the space is an opportunity for the fitness center to expand, without any major disruption to fitness center members. “The Functional Training Studio was developed to give our members more space without a large financial investment,” Mary Liz Jayne, Recreation and Fitness Manager, explains. “The Studio will allow members to do more free weight and functional training exercises, as well as have a dedicated area to stretch that’s not on the fitness floor. The staff at Community Park Fitness is thrilled to open this space.” Use of the new room will be included in CPF member rates and is anticipated to open on February 24.

Members of CPF enjoy a friendly, motivating atmosphere with a full line of selectorized strength equipment, cardiovascular equipment, and free weights, as well as member appreciation days and quarterly fitness challenges, like March Mania, which will run March 1 through April 6 and challenge members to visit at least 25 times during the allotted time period. Specials on memberships also take place throughout the year, such as Spring Break Shape Up, a promotion available to current students age 16-24 to purchase a 10-day membership for just \$10, between March 6 and March 31. Anyone interested in joining Community Park Fitness can visit the fitness desk to learn more about membership options and see the new training space, call 630-353-4318 to speak with fitness center staff, or go to their website at [lisleparkdistrict.org/cpf](http://lisleparkdistrict.org/cpf) to see all available memberships.

The Lisle Park District provides a variety of leisure activities for people of all ages throughout the year. Park district facilities include Lisle Community Park; the Recreation Center which houses Gentle Learning Preschool, SEASPAR, the Senior Center, and multipurpose rooms; Sea Lion Aquatic Park; River Bend Golf Course; Wheatstack – A Midwestern Eatery & Tap and numerous neighborhood playgrounds and parks offering amenities such as tennis courts, ball fields, walking paths and picnic areas totaling close to 400 acres. It is the mission of the Lisle Park District to enrich the quality of life for people of all ages by providing constructive and creative leisure opportunities. For more information about the Lisle Park District, please call 630-964-3410 or visit [lisleparkdistrict.org](http://lisleparkdistrict.org).

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