



PRESS RELEASE

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Be Motivated to Get Moving with Exclusive Offers During Fitness Week

[Left Photo: Get a Free Gym Towel With Membership Purchase; Right Photo: New Fitness Manager](#)

[Mary Liz Jayne](#)

Lisle, IL – Need some motivation to get moving? Community Park Fitness is giving you plenty of incentive through free classes, discounts, demonstrations, and more during Fitness Week, October 15-20.

Now is the perfect time to begin, restart, or change up your workout routine at Community Park Fitness, located at 1825 Short Street in Lisle. Each day, different fitness classes will be available for guests to try for free; no membership or pre-registration is necessary. During Fitness Week, new members will receive 15% off their membership, and returning members will receive 20% off when they renew their membership. Other offers include free personal training consultations (must sign up at the Fitness Desk), free personal training sessions when you purchase five or more, as well as showcases from various health and fitness experts throughout the week.

Community Park Fitness is kicking off Fitness Week under new management! Mary Liz Jayne, Recreation and Fitness Manager at the Lisle Park District, will be available to answer questions, greet members and guests, and receive feedback. Mary Liz graduated from the University of Illinois with a degree in Recreation Management and has worked at Lisle Park District for nearly four years. While in school, she discovered her passion for fitness, which led her to become a group fitness instructor in 2017. She enjoys supporting others in reaching their fitness goals, something she looks forward to as the new Community Park Fitness Manager. Visit lisleparkdistrict.org/communityparkfitness to see when Mary Liz is scheduled to be on-site, and be sure to stop by to introduce yourself!

During Fitness Week, any guest or member will also have the opportunity to spin the prize wheel to win various swag and prizes, including a raffle ticket to enter to win a free one-year individual membership, one of two free one-month memberships, and running gear from Dick Pond Athletics. Any participant in one of the free group fitness classes will also receive a raffle ticket. To see the complete schedule of free fitness classes, visit lisleparkdistrict.org/communityparkfitness.

At Community Park Fitness, you'll work out in a friendly, motivating atmosphere while enjoying a spectacular view of Community Park. The fitness center features a full line of selectorized strength equipment, cardiovascular equipment, and free weights. The staff at Community Park Fitness will assist you with orientation of equipment and help you get started. If you have questions, contact us at 630-353-4318, or fitness@lisleparkdistrict.org.

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.

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