

Recovery Lounge

Relax and rejuvenate after your workout in our state-of-the-art Recovery Lounge. The Recovery Lounge contains two modern massage chairs packed with features that will sooth your aches and pains as well as a full body Hydromassage bed.

Regulations

- Hours: Lounge open until 30 minutes prior to close
- Included with all annual and insurace based memberships
- Must be 18 years of age or older
- Daily limit; 10 minutes per visit
- Please remove shoes
- Please wipe down massage bed/chairs after use
- No foul or inappropriate language
- The Recovery Lounge is a Quiet Zone

Birthday Parties

Looking for a unique birthday party your kids will not forget? Challenge Fitness offers the following exciting birthday party packages:

Pool Rentals

- rental rates include 50 people and two hours of rental time

Tumbling Party Package

- includes an obstacle course, relay races, games and time in the gymnastics room
- L.T.P.D. staff will lead activities, direct the party and clean-up
- maximum 12 children

Sports Party Package

- choose between dodge ball, floor hockey, tennis, wallyball or a combination of any two sports
- includes Community Room (30 people max.)
- 10 child minimum

Racquet Sport Information

Challenge Fitness has seven indoor tennis courts and one racquet/wallyball court with superior court surfaces and lighting systems.

Private lessons are taught by USTA, United States Tennis Association, certified professionals.

Whether you are playing for recreation or to become an expert, we have a program for you!

Adult Tennis Programs

- beginner courses
- day and evening drills
- mixers
- traveling leagues

Youth Tennis Programs

- 3-18 years of age
- based on experience and skill level
- UTR junior tournaments including interclub tournaments

Private Lessons

- learn from a certified tennis pro
- individual attention to strokes, footwork and strategy

Private or semi-private lessons are the quickest way to improve your game.

Court Reservations/Walk-on Court Time

All members of Challenge Fitness are allowed to book tennis/racquetball courts up to one week in advance.

Daily guest rates will apply for non-member tennis court reservations.

Non-members may purchase walk-on court time only upon arrival. Permanent court time is available for the avid player. See manager for more information.

Pickleball is also available at specified dates and times. Private lessons offered as well.

Aquatics

Swimming works your whole body, improving cardiovascular conditioning, muscle strength, endurance, posture and flexibility all at the same time. Due to the low stress of the activity, there is a low risk of injury to bones, joints and connective tissues.

Challenge Fitness' aquatics program offers an array of opportunities for patrons to get-fit and stay in-shape.

The features of our aquatics facility include:

- A five-lane 25 yard lap pool (3.5 - 5.5 feet in depth)
- 10 person whirlpool
- Men's and women's steam rooms
- Aqua Fitness Programs
- American Red Cross Certified Programs: swim lessons, lifeguarding, Water Safety Instructor, CPR/AED, First Aid, etc.
- Private and Semi Private Swim Lessons
- Pool party rentals for all occasions
- Lap swimming/water walking
- Open Swim Hours
- Family Float Nights

You MUST be 18 years or older for lap swim and water walking. During open swim, children 11 and under must be accompanied by an adult 18 years and older.

The only Personal Floatation Devices (PFDs) allowed are those approved by the U.S. Coast Guard. (Managers can refuse PFD use.)

Spa Services

Take time for relaxation and pamper yourself by indulging in one or more of Challenge Fitness' spa services.

Our certified massage therapists can perform any of the following styles of massage:

- Deep Tissue Massage / Therapeutic
- Reflexology (foot massage)
- Swedish Massage
- Reiki
- Cupping

Call 815.838.3621 ext. 310 for an appointment.

Tumbling & Gymnastics

Challenge Fitness offers a variety of tumbling classes and levels of experience for children 1-13 years old. All classes are centered around age-appropriate development with a strong emphasis in group involvement.

As one advances in the tumbling program, more physically challenging skills will give a child a stronger body and sharper mind as well as an understanding of their body's capabilities; this is a great program to keep your child involved in physical activity.



challenge
fitness

2021 S. Lawrence Ave., Lockport, IL
www.lockportpark.org

815-838-3621

Welcome to Challenge Fitness

The merits of regular physical activity--from preventing chronic health conditions to promoting weight loss--are hard to ignore. And the benefits are yours for the taking, regardless of age, sex or fitness level.

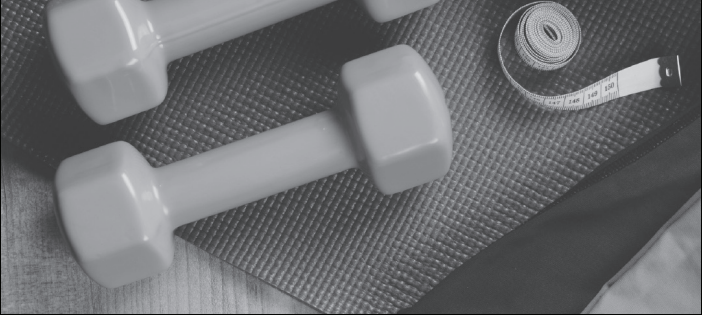
By inquiring about a membership at Challenge Fitness, you have taken the first step in living a healthy lifestyle.

Challenge Fitness is a customer-friendly, athletic facility that provides fitness activities specific to your interests. Whether you prefer to sculpt and tone your body in the fitness center, or with a personal trainer, Challenge Fitness has everything you are looking for under one roof.

Several features and benefits of Challenge Fitness include:

- State-of-the-art fitness center featuring over 30 pieces of cardio equipment with personal viewing screens
- Matrix strength equipment
- Spa services to promote relaxation
- Recovery room including HydroMassage bed and two massage chairs
- Lap pool
- Men's & women's steam rooms
- Whirlpool eases aching joints & muscles
- Seven indoor tennis courts
- Racquetball/Wallyball court
- Spin room
- Group Fitness room
- Tumbling room
- Rental rooms
- Outdoor gym

In essence, Challenge Fitness offers more ways to get fit than any other fitness facility within the area.



Hours

Labor Day - Memorial Day (winter)

Mon. - Fri.	5:00 AM - 10:00 PM
Sat. & Sun.	7:00 AM - 8:00 PM

Memorial Day - Labor Day (summer)

Mon. - Fri.	5:00 AM - 10:00 PM
Sat. & Sun.	7:00 AM - 6:00 PM

Holiday Hours (subject to change)

New Year's Eve	5:00 AM - 1:00 PM
New Year's Day	Closed
Easter	Closed
Memorial Day	Closed
Fourth of July	5:00 AM - 1:00 PM
Labor Day	Closed
Thanksgiving Day	5:00 AM - 1:00 PM
Christmas Eve	5:00 AM - 1:00 PM
Christmas Day	Closed



Memberships

Premier Annual

Access to the fitness center, indoor pool, outdoor gym, steam room, recovery lounge, whirlpool, member rates on tennis and raquetball. All Premier Memberships include Group Exercise. Pay in-full options are available.

Resident	Monthly
Adult	\$30
Couple	\$43
Family	\$51
Senior	\$25

NR	Monthly
Adult	\$33
Couple	\$46
Family	\$54
Senior	\$28

Racquet Only

	Monthly R/NR
Adult	\$24/\$27
Couple	\$33/\$36
Family	\$39/\$42
Senior	\$20/\$23
Junior	\$60/\$80

Daily Guest Rates

	R/NR
Adult	\$10/\$12
Student (14-17)	\$8/\$10
Senior	\$8/\$10

Cancel anytime with seven days notice

COURT RATES

Tennis	Hourly R/NR
Per Player	
Early Bird (5-10am)	\$17/\$17
Non-Prime (10am-5pm)	\$24/\$29**
Prime (5-10am)	\$26/\$31**
Junior (up to age 17 yrs.)	\$19/\$21**

Racquetball

	Hourly R/NR
Per Player	\$3/\$4

Wallyball

	Hourly R/NR
Per Player	\$3/\$4

**All non-members MUST pay guest AND court fees when playing tennis. Saturday and Sunday are Non-Prime all day.

Membership Discounts

Residents living within the Lockport Township Park District boundaries will receive resident membership rates. Proof of residency can be established via the following:

- Current Driver's License or State ID
- Current tax bill listing L.T.P.D.
- Voter registration card

Couple Membership

Two people living in the same household.

Family Membership

Two adults living in the same household with a maximum of four children up to and including the age of 22. Patrons must be 14 years old to use the fitness center and 18 to use the lap pool.

Senior Membership

Any individual 60 years and older.

Personal Training

Personal training helps you achieve maximum fitness results by optimizing your time with a customized exercise plan specific to your body and fitness goals; get the most from your workout every time! Our certified personal trainers can integrate exercise, diet and nutrition to design a balanced fitness regime just for you. Train one-on-one or with a group. For more information, call 815.838.3621 ext. 322.

Group Fitness

Group Fitness classes are scientifically backed and proven all around the world. Every class is packed full of chart-topping music, inspiring qualified instructors, and the latest cutting-edge choreography, delivering your total live group experience.

Rentals

Plan your next corporate meeting, party or family get-together at Challenge Fitness' Courtside Lounge or Community Room. They have several tables and chairs, microwave, refrigerator and counter space for your convenience.

