

# Geneva Park Connections

A Geneva Park District Publication



## POWER OF FITNESS

The Geneva Park District impacts lives beyond the playground! Our fitness facilities, parks, trails, health and wellness programs, tennis courts, and athletic fields play an essential role in combating obesity and chronic disease, as well as improving overall health.

### It's time to get moving!

According to the Physical Activity Guidelines for Americans, adults need to do two types of physical activity each week to improve health, including both cardio and strength training. Whether you enjoy a brisk walk or jog, a game of tennis, a group fitness class or are a member at our fitness centers, the Geneva Park District is with you for each step of your fitness journey.

*We Value Your Health & Wellness!*



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### Power of Fitness

Did you know we offer 69 miles of scenic trails?

Enjoy a jog, walk or bike ride today.

strong

INSPIRE

MOTIVATION

RESULT

SUCCESS

dedication

drive

goals



# AFFORDABLE. FRIENDLY. CONVENIENT.

## Real People ... Real Results!

Our two full-service fitness centers offer a complete array of workout options to encourage a safe and fun fitness experience. As a Geneva Park District fitness member, you will find more than just a place to exercise; you will find a family of dedicated employees committed to helping you achieve your goals.

It is because of that dedication that you will find state-of-the-art fitness equipment, superior cleanliness, and the desire to continuously develop new and exciting ways to help you live a healthy lifestyle.

The Geneva Park District offers affordable membership options. Having a gold membership gives you access to both **Stephen Persinger Recreation Center (SPRC)** and **Sunset Racquetball & Fitness Center**, with one convenient pass.

In addition to the fitness equipment, **SPRC/Gold members** can enjoy an indoor walking/running track and gymnasium. Following your workout, relax in the steam room.

Need babysitting? Check out the **Kidz Korral**, located inside SPRC, offering child care services to both fitness members and non-members.

**Sunset/Gold members** can test their strength and flexibility in the Functional Fitness Studio or play racquetball. After your workout, unwind and loosen up your muscles in the sauna.

Enhance your workout experience with personal training and nutritional counseling, which are offered at both locations.

### Power of Fitness

Moderate physical activity impacts your health beyond weight control.

**Stephen D. Persinger Recreation Center (SPRC)**  
 3507 Kaneville Rd. | Geneva, IL 60134  
 (630) 232-4501

**Sunset Racquetball & Fitness Center**  
 710 Western Avenue | Geneva, IL 60134  
 (630) 232-4542

TS

TRAIN

NO EXCUSES

COMMITMENT

progress

challenge

discipline

strength

JOURNEY



**Power of Fitness**

Commit to be fit!  
Our friendly staff will help  
get you started on your  
fitness journey.

**Reach Your Goals ... Your Way!**

According to the National Recreation and Park Association (NRPA), by 2030, one in every 10 adults - or 552 million people - could have diabetes. As a Park and Recreation Agency, one of our priorities is to offer an array of programs that help to combat obesity and improve health and wellness.

**Commit to your health and wellness and go beyond our scenic trails and beautiful parks. Get started by joining our fitness centers and start your journey to becoming the healthiest version of yourself.**

As a Geneva Park District fitness member, you will enjoy working out with your neighbors, co-workers, and family. Affordable memberships are offered for both residents and non-residents.

**TOP 10 REASONS**  
*to exercise*

1. **Improves Mood**
2. **Builds Self-Esteem**
3. **Reduces Stress**
4. **Improves Muscle Strength**
5. **Improves Joint Functions**
6. **Strengthens Your Heart**
7. **Lowers Risk of Diabetes**
8. **Increases Energy and Endurance**
9. **Boosts Creativity & Productivity**
10. **Boosts Immune System**

*“Stop Saying I Wish and Start Saying I will!”*

**Power in Partners!**

Refer a friend, and once they join you will receive a FREE one-month extension on your fitness membership. Having a workout partner or buddy you connect with has been shown to keep you motivated. Exercise partners provide a powerful combination of support, accountability, motivation and, in some cases, healthy competition.

“If you know a friend is waiting for you at the gym, it’s tough to bail,” says Thomas Plante, PhD, professor of psychology at Santa Clara University in Santa Clara, California, who has completed multiple studies on the power of exercise partners.



### Power of Fitness

Personal Training builds confidence and self-esteem, while letting you reach your true potential.

# TRAINING FOCUSED AROUND YOU!

Go beyond the basics and get a personalized program tailored to you! According to the American Council for Exercise, hiring a personal trainer can be one of the best investments you make to your overall health and well-being. Now is the time to invest in yourself, and Geneva Park District is the place!

### Power of Fitness

Nutritional Counseling teaches you the essentials that will fuel your body and improve your overall health.

We offer personal training, yoga personal training and nutritional counseling at both fitness centers. Our personal training team will create a safe and productive exercise program that will give you results.

The benefits of working with a personal trainer include: motivation, consistency, clarity, confidence, avoiding potential injury, sport-specific training, individual attention and more. Personal trainers use an individualized approach to design programs based on the client's goals and fitness assessment. By working with a personal trainer, clients will achieve results in a safe and effective manner.

Nutritional Counseling outlines the basic concepts that are needed for proper nutrition, but also works specifically with dietary restrictions and health conditions to provide you with a personalized plan that will help you to become the best version of yourself. Make the investment in yourself today!

*"When I lost my excuses, I found my results."*



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