

# FITNESS

## STRENGTH & CONDITIONING

Ages: 16 & up

This program focuses on health and wellness and is for all fitness levels. Are you looking to boost your cardiovascular endurance by walking and lifting light weights? Or are you looking to increase your fitness, flexibility and strength to prepare you better to compete in your favorite Special Olympics sport like basketball or track and field. Take time for fun and fitness, and it does a body good. Please wear gym shoes and athletic clothing, no jeans. This program is instructed by a licensed personal trainer.

Code	Day	Dates	Drop-off/Pick-up	R/NR Fee
32051-1	MO	9/24-10/22	6:30pm-7:30pm	\$67/\$84
32051-2	MO	11/5-12/3	6:30pm-7:30pm	\$67/\$84

Min/Max: 5/10

Location: The Oaks, 10847 LaPorte Rd., Mokena

Contact Person: Tami Pareti

Register by: 9/10 for session 1 || 10/22 for session 2

## KINGFISH

Ages: 16 & up

Join King Fish! Where you can socialize with peers, meet new friends and develop your comfort level in the water. Staff will utilize techniques and activities geared towards developing swim confidence. No program 10/4 & 10/11.

Code	Day	Dates	Drop-off/Pick-up	R/NR Fee
32052	TH	9/13-11/1	7:15pm-8:00pm	\$111/\$139

Min/Max: 8/10

Location: Lincoln-Way Central High School; Aquatic Center  
1801 E. Lincoln Hwy., New Lenox

Contact Person: Juanita Williams

Register by: 8/30

## ZUMBA! ZUMBA! ZUMBA!

Ages: 13 & up

Are you interested in a dynamic fitness program that will blow you away! Try our ZUMBA class offered by a licensed instructor. Zumba is a Latin-inspired dance fitness program that's fun and easy. We'll concentrate on low-impact, high-energy routines that'll be perfect for a Zumba "newbie." We'll also work up a healthy "glow" so please bring a bottle of water and wear athletic or dance shoes (no stocking feet, please - too slippery). No program 10/31.

Code	Day	Dates	Drop-off/Pick-up	R/NR Fee
32053	WE	10/3-11/14	7:00pm-7:45pm	\$67/\$84

Min/Max: 6/10

Location: LWSRC, 1900 Heather Glen Dr., New Lenox

Contact Person: Juanita Williams

Register by: 9/19

Save time! Fill out your Annual Information Form online and email it back to us! Visit [lwsra.org/forms](http://lwsra.org/forms)

Remember: The AIF form is good for the calendar year. You do not need to complete it with this registration if you completed it with the winter/spring or summer brochure.

TRICK  
OR  
TROT  
5K

OCTOBER 20, 2018  
NEW LENOX, IL

LEARN MORE AT

[lwsra.org/5k](http://lwsra.org/5k)

Race Fee | Adults: \$30  
Children \$15 (Age 14 & under)

Race Time | Registration: 6:30am  
Race Starts: 8:00am

Race Location | Lincolnway Special Recreation Center  
1900 Heather Glen Dr., New Lenox, IL 60451

