

Sports Arena and Fitness Studio

847-746-5500 ext. 460

Fitness Studio

A serious workout required serious equipment. The Fitness Studio at the Leisure Center is equipped with the latest in cardio, plated machines and free weight equipment.

A first class free weight area is equipped by Magnum Fitness, the leader in free weights. The large area has mirrored walls and flooring to handle the load. The plated weight machines offer multi-joint and multi-plane movements. Weight stacks are located for optimal access while in the exercise position. Clearly visible and easy to read instructions on each piece make the area approachable for any level user from novice to advanced. The cardio options include Star Trac treadmills, recumbent and upright bikes and elliptical machines. The area also features the Cybex Arc trainer, another total body workout machine.

Fitness Studio Hours of Operation

Monday-Friday 6:00 am-9:00 pm
 Saturday 7:00 am-6:00 pm
 Sunday 9:00 am-5:00 pm

Fitness Studio Age Limit is 16 & older with parental waiver consent

Sports Arena

The sports arena houses a 1/10 mile, three lane walking track as well as two full basketball courts and 4 full volleyball courts. We also have two batting cages available for set up. One has a softball pitching machine and one has a baseball pitching machine. We offer a variety of leagues and multi-use activities.

Walking Track Hours

Mon-Fri 6:00 am-11:00 am
 Mon, Tues, Fri 3:00 pm-6:00 pm
 Wed, Thurs 4:00 pm-7:00 pm
 Sat 7:00 am-8:00 am
 4:00 pm-6:00 pm
 Sun 9:00 am-11:00 am
 4:00 pm-5:00 pm

Walking track hours are subject to change!!

Open Play Hours

Mon-Fri	6:00 am-9:00 am 11:30 am-2:30 pm 3:30 pm-5:30 pm	Basketball 16 and up Basketball 16 and up Basketball High School only
Tues	7:00 pm-9:00 pm	Pickleball Open play
Wed	9:00 am-11:00 am	Pickleball Open play
Wed	7:00 pm-9:00 pm	Volleyball 16 and up
Thursday	6:00 pm-9:00 pm	Basketball 16 and up
Friday	9:00am-11:30 am	Pickleball Open Play
Friday	7:00pm-9:00pm	Volleyball 16 and up
Sunday	1:00 pm-3:00 pm 3:00 pm-5:00 pm	Basketball all ages Basketball 16 and up

Facility Rental Fees

1-volleyball court \$30.00 per hour
 2-volleyball courts \$55.00 per hour
 4-volleyball courts \$110.00 per hour
 1-Basketball court \$55.00 per hour
 2-Basketball courts \$110.00 per hour
 Gymnasium \$50.00 per hour
 Batting Cages \$30.00 per hour

For room rentals and party packages see page****

Child Care Center

Mon-Fri 9:00 am-11:30 am
 Mon-Fri 4:30 pm-7:00 pm
 Sat 9:00 am-11:00 am
 Time Limit 2 hours per visit
 Ages: 2-10
 Fees: \$2.00 members
 \$3.00 non-members



Child Care Center at SAFS

Our child care center is run by appointment only. If you would like to use the child care center in the morning please contact the registration desk at 847-746-5500 ext 460 by 6:00 pm the evening before. If you would like to use the child care services in the late afternoon or evening please contact the desk by noon of that day. If for the fall and winter season you would like to arrange a daily or weekly schedule for child care please contact one of the supervisors and we will work with you to create a schedule.

New this fall we have child care as an added punch on your membership pass. Purchase 4, 8 or 12 punches that will be valid for 30 days from date of purchase.

MEMBERSHIP AT THE LEISURE CENTER SPORTS ARENA FITNESS STUDIO

Individual Full Facility: \$399.00 annual/ \$38.00 monthly

Includes sports arena entry when available and all of the amenities of the fitness studio including locker use and full locker room access.

Individual Sports Arena: \$159.00 annual/\$20.00 monthly

Includes all amenities in the sports arena: open play basketball, volleyball, pickleball, walking/running track and batting cages.

Family of 2 full facility: \$699.00 annual/\$66.00 month

Family of 3 full facility: \$949.00 annual/\$85.00 month

Family of 4 full facility: \$1099.00 annual/\$100.00 month

Watch for monthly specials during the year that often provide discounted membership fees for a specified period of time.

ZUMBA

Zumba fuses Latin flavor musical rhythms and tantalizing moves to create a dynamic workout system designed to be Fun and Easy to do. This class features interval-training where fast and slow rhythms and resistance training are combined to tone and sculpt your body while burning fat.

Class Times: Monday 7:15-8:05 PM
 Thursday 7:15-8:05 PM
 Saturday 9:45-10:35 AM
 Saturday 10:45-11:35 AM

Fall Session I: September 26-November 19

Fall Session II: November 21-January 14

Winter Session: January 16-March 10

Fees/per session	Residents	Non-Residents
8 Punch Card	\$32 1x/wk	\$42 1x/wk
16 Punch Card	\$48 2x/wk	\$62 2x/wk
24 Punch Card	\$66 3x/wk	\$86 3x/wk
Walk-In Fee:	\$5	\$7

