



Cary Park District
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NEWS RELEASE

For Immediate Release

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Director of Communications & Marketing

CARY PARK DISTRICT FITNESS CENTER: TRY A WEEK ON US!

CARY PARK DISTRICT FITNESS CENTER OFFERS ONE FREE WEEK TO VISITORS

Cary, Illinois: The Cary Park District invites visitors to try out the Fitness Center for one week.

The Fitness Center is located within the Community Center at 255 Briargate Road, Cary.

Amenities include free machine orientation, state-of-the-art cardiovascular machines, free Weights, strength equipment, locker rooms, showers, and dry sauna. Personal training, childcare, racquetball and group fitness classes are available for an additional fee. The free week offer is valid through November 30.

The Cary Park District will host a free Fitness Center Open House on Thursday, October 25 from 10:00 am – 1:00 pm. Visitors can tour the facility, workout during that time, participate in group fitness mini classes, meet Park District fitness staff, and learn about memberships, personal training, and group fitness programs. Fifteen minute group fitness mini classes will begin at 10:30 am, 10:50 am, and 12:00 pm. A complete schedule is available online at www.carypark.com.

The Fitness Center is open from 5:30 am to 10:00 pm Monday through Friday, and 7:00 am to 6:00 pm on Saturday and Sunday.

For more information about the Fitness Center Open House call the Cary Park District at 847-639-6100 or visit www.carypark.com.

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