



Cary Park District
255 Briargate Road
Cary, Illinois, 60013
847.639.6100
NEWS RELEASE

For Immediate Release

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Director of Communications & Marketing

CARY PARK DISTRICT HOSTS FITNESS CENTER OPEN HOUSE

Cary, Illinois: The Cary Park District will host a free Fitness Center Open House on Thursday, October 25 from 10:00 am – 1:00 pm. The Fitness Center is located within the Community Center at 255 Briargate Road.

Visitors can take fitness center tours, 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.

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. The center offers state-of-the-art cardiovascular machines, free weights, strength equipment, dry sauna, showers and lockers. Childcare, group fitness classes, personal training and towel service are available for an additional fee. Many membership options and payment plans are available.

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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