Personal Training at the Community Pavilion

If you want to lose weight, get healthy and/or build muscle, meet with our Personal Trainer. Our trainer can help setup a program to provide:

- Guidance on reaching your goals
- Education about strength training, cardio and basic nutrition
- A reason to show up at the gym each week
- Accountability
- Ways to help track your progress

**1/2 Hour**
- $20 Member
- $25 Non-Member

**1 Hour**
- $32 Member
- $38 Non-Member

**PACKAGES**

- Member:
  - 5 – 1 hour sessions $148
  - 10 – 1 hour sessions $285

- Non-member:
  - 5 – 1 hour sessions $168
  - 10 – 1 hour sessions $335

**FALL HOURS**
M-Th: 6:00A - 11:00P
F: 6:00A - 10:00P
Sa & Su: 7:00A - 10:00P
*Hours are subject to change

**HOLIDAY HOURS**
Labor Day
7:00A-12:00P

**Contact Information**

Email our trainer at Pavpersonaltrainer@olparks.com

**Annual Memberships**

<table>
<thead>
<tr>
<th>Membership Type</th>
<th>Fitness New</th>
<th>Fitness Renewal</th>
<th>Fitness Combo*</th>
<th>Track</th>
</tr>
</thead>
<tbody>
<tr>
<td>Resident</td>
<td>$159</td>
<td>$145</td>
<td>$209</td>
<td>Free</td>
</tr>
<tr>
<td>Resident Senior</td>
<td>$139</td>
<td>$125</td>
<td>$199</td>
<td>Free</td>
</tr>
<tr>
<td>Non-Resident</td>
<td>$209</td>
<td>$195</td>
<td>$345</td>
<td>$89</td>
</tr>
<tr>
<td>Non-Resident Senior</td>
<td>$189</td>
<td>$175</td>
<td>$335</td>
<td>$75</td>
</tr>
</tbody>
</table>

Annual Fitness Memberships Include access to Track, Weight Room & Open Gym.

*Combo Memberships grant you access to the Community Pavilion Weight Room and the Racquet, Fitness & Gymnastics Center Weight Room.

**Exclusive Annual Fitness Member Benefits**

- All Community Pavilion Annual Fitness Members receive 15% off Personal Training and Massage Therapy. Discount does not apply to monthly, track or open gym memberships.

**Proof of Residency**

- A valid Drivers License, Valid picture ID with current Tax Bill, Electric Bill, Gas Bill, Apartment Lease or Mortgage Document. State issued ID’s or expired Drivers Licenses will not be accepted for proof of residency.

**Community Pavilion Daily Use Contingencies**

- Proof of residency and a photo ID are required for admittance
- Patrons under 18 years must register with a parent or guardian in order to utilize the daily option.
- Children 6 – 11 years can walk the track with a parent at no charge.
- Children under 6 years are not allowed on the track.
- Children under 14 years are not allowed in the weight room.
- No strollers allowed on the track.

**Monthly Fitness Memberships include access to the Track and Weight Room.**

*Fitness & Track Monthly Billing Membership Info
Your first payment will be pro-rated based on the day of the month you sign up. You will be automatically renewed on the first of the month for the following month. There will be no annual or cancellation fees.

**Cancellation policy:** Patrons must cancel their monthly memberships in person 7 days or more prior to the next billing date or they will be charged for the following month.

**Community Pavilion Membership Contingencies**

- Fitness Memberships are for individuals who are ages 14 or older.
- Track Memberships are for individuals who are ages 12 and older.
- All patrons under 18 must register with a parent or guardian.
- Seniors are defined as 60 and older.
- Annual Membership Renewal Discount: Renew your membership before your expiration date and save! Once your membership expires you will be charged the regular membership fees without the discount.
- Membership FOB or photo ID with proof of residency is required for admittance.
- Memberships are non-transferable and non-refundable.
- All fees and charges are subject to change at the discretion of the park district.

**Follow the Community Pavilion on Instagram!**

Check us out at olpdpavilion

**Like the Oak Lawn Park District Community Pavilion Facebook Page Today!**
Weight-Room Orientation
Sign up now for our free weight room orientation! It takes about an hour to learn how to use the equipment that will get you into great shape. Individual attention is given to anyone who has completed the orientation and feels they need more instruction on the equipment. Our Certified Personal Trainer is available to answer your questions. Call us at (708) 857-2420 or e-mail Pavpersonaltrainer@olparks.com. Weight room membership required. Under 18 must complete a weight room orientation.

Massage Therapy
Sandra Coffey is available by appointment only. Massage therapy is used to reduce stress, increase circulation and detoxify overexerted muscles. Open to men and women. Children under age 12 must be accompanied by a parent or guardian. The 24-hour cancellation policy is enforced. To schedule a massage, call 708-857-2420. Member discount applies to yearly fitness memberships only. Excludes monthly memberships, and yearly walking track memberships.

Massage Therapy Cancellation Policy
All cancellations must be made within 24 hours in advance. No shows and/or cancellations made in less than 24 hours will be charged full price and must be paid prior to any further appointments.

OPEN GYM FEES
<table>
<thead>
<tr>
<th>Age</th>
<th>Res</th>
<th>Co-Op</th>
<th>Non-Res</th>
</tr>
</thead>
<tbody>
<tr>
<td>Grade 1-8</td>
<td>$3</td>
<td>$4</td>
<td>$5</td>
</tr>
<tr>
<td>High School &amp; up</td>
<td>$5</td>
<td>$7</td>
<td>$12</td>
</tr>
</tbody>
</table>

- Open Gym Membership required for admittance.
- Proof of Residency and a photo ID required when signing up for membership.
- Open Gym Patrons under 18 must come in with a parent/guardian to set up an open gym membership before they can attend.
- Children 10 and under must be accompanied by an adult.
- All patrons are subject to Open Gym Rules; NO REFUNDS applicable.

OPEN GYM HOTLINE (708) 430-1206
This hotline is updated on a daily basis.

Main Arena Rental
Our 28,000 sq. ft. arena is perfect for athletic tournaments, dances, corporate events, trade shows and more! For availability and more information please contact the Pavilion Manager at (708) 857-2420 or cobrien@olparks.com.

Pavilion Court Rentals
Pavilion court rentals are great for athletic tournaments, team practices, tryouts, games and more! Our facility features a regulation soccer arena, 4 regulation basketball courts, 8 regulation volleyball courts, 4 regulation badminton courts and 1 regulation in-line hockey arena. Please contact the Community Pavilion front desk for more details and availability. Patrons must complete a Rental Permit at the Community Pavilion and pay for rental in full in order to reserve a date.

COURT SIZES
- Single Court = Regulation Volleyball/Regulation Badminton
- Double Courts = Regulation Basketball
- Full/Gym Arena = Regulation Soccer

Prime Time = Weekdays 6 – 10PM & Weekends All Day

Rental Pricing
Please note: all court rental pricing below is based on a single court rental.
- Prime Time Rental: Res/NR $40 per hour/$60 per hour
- Non-Prime Time Rental: Res/NR $30 per hour/$50 per hour

Program Room Rentals
Our Program Room is the perfect place for your next meeting or get together! Seating available for up to 50. Please contact the Community Pavilion front desk for more details and availability. Patrons must complete a Rental Permit at the Community Pavilion and pay for rental in full in order to reserve a date.

Security Deposit: $50
- Res/NR: $50 per hour/$55 per hour
- Half Gym Rental: $50 per hour

PAVILION BIRTHDAY PARTIES

NEW! Nerf Wars
Come battle it out at our new Nerf War parties! Kids will be grouped into teams and will work together to defeat their opponents. Nerf guns, ammo and safety goggles will be provided. Nerf War parties are 2 hours long and include half the gym and a room rental. We have equipment for up to 20 participants at a time.
- Rental Fees: $200 for up to 16 kids
- Times Available: Saturdays before 6PM

Indoor Playground Parties
Our indoor playground features a large play structure and has seating available for up to 40. An Inflatable jump house is available to rent for the duration of your party for added fun! Patrons must complete a Rental Permit at the Community Pavilion and pay for rental in full in order to reserve a date. Please contact the Community Pavilion front desk for more details and availability.
- Security Deposit: $50
- Res/NR: $50 per Hour/$55 per Hour
- Inflatable Jump House: $50
- Half Gym Rental: $50/Hour

Sports Parties (Age: 6 - 12)
Calling all sports fans! Sports Parties come with a party host who will lead age appropriate games and activities for groups of 10 children or more. Party length will be 2 hours with 30 minutes for cake and food and the rest of the time will be spent playing games with the party host! Sports can include, but are not limited to dodgeball, basketball, kick-ball, volleyball and more. Patrons must complete a Rental Permit at the Community Pavilion and pay for rental in full in order to reserve a date. Please contact the Community Pavilion front desk for more details and availability.
- Rental Fees: $160 for up to 16 kids ($10 each additional child)
- Times Available: Saturdays before 6PM