

NOW OFFERING SMALL GROUP PERSONAL TRAINING!!

Small group training combines strength training with cardio drills designed to maximize calorie burn and build lean muscle. All fitness levels are welcome and this is a great way to receive personal training at a reduced rate! This is a 6-week program that will run twice a week on Tuesdays and Thursdays at 8am, 9:15am, 10:30am and 6pm. Group minimum 2, maximum 6.



Please contact Tammy Dunn
@ 815.388.2991 or
mrstdunn@sbcglobal.net
for the details and sign up for this
exciting new program!!

VASCULAR SCREENING

Centegra Wellness On the Move

Whether you are 40, 50, 60, or older, a screening to check your risk for stroke with a quick 30-minute exam is one smart move. Do it for your health. Do it for your family.

Centegra Wellness on the Move mobile health unit offers a comprehensive vascular screening package to check your risk for stroke or heart disease.

TUESDAY, MARCH 31

Woodstock Recreation Center

9:00 am-3:30 pm • \$129.00

To Schedule an Appointment

Call 877-Centegra



PARK FACILITIES – RESERVATION SCHEDULE

The Recreation Department coordinates the schedules of community athletic organizations, recreation programs and special events within the city parks. We try to have all major events scheduled before March 1. New beginning in March 2015 all pavilion rentals will be from 11:00 am -9:00 pm. ALL requests for earlier reservation times will be reviewed on a case by case basis. *If you are planning a major event, please contact the Recreation Department at 815.338.4363.*

Picnic pavilions may be reserved for public use for 2015 in accordance with the following schedule:

<u>Resident</u>	<u>Non-Resident</u>
March 1, 2015	April 1, 2015

PICNIC PAVILIONS in Emricson Park vary in size and can be reserved for the entire day. Rates vary depending on residency and size of group. **Please visit our website www.woodstockrecreationdepartment.com for PAVILION RENTAL RATES.** Reservations and payment must be made in person at the Woodstock Recreation Center. Weekend dates fill quickly, so make your reservations as soon as possible.

BALL FIELD reservations by the public will be accepted after all league schedules are completed, which will be approximately April 15, 2015.

Reservations for both are accepted in the Woodstock Recreation Center, 820 Lake Avenue, during regular hours of operation. Visit our website www.woodstockrecreationdepartment.com or contact us at 815.338.4363 for information about the fee schedule for pavilion and ball field reserved use.

