



Park Ridge
Community Health Commission
Working together for a healthy community



Get **Fit** Park Ridge!

During June, the Park Ridge Community Health Commission is partnering with these Park Ridge businesses promoting health & wellness. Park Ridge residents can work out at these participating studios for free or a low fee.

Core Power Yoga	991 W. Touhy Ave.
CrossFit 88	542 Busse Highway
Dick Pond Running Store	29 S. Prospect Ave.
Orangetheory Fitness Park Ridge	10 N. Northwest Highway
Pure Barre Park Ridge	110 N. Northwest Highway
Sun and Moon Yoga	2026 Oakton St.
The Barre Code	33 ½ S. Prospect Ave.
The Exercise Coach	946 N. Northwest Highway
The Spot Fitness Studio	928 Busse Highway
Tone UP Club	742 Higgins Rd
TriPilates	640 Busse Highway

See other side for information about how to take advantage of this opportunity.

<u>Fitness Facility</u>	<u>Special Offer</u>	<u>Contact</u>
Core Power Yoga must be new to studio	*Two weeks unlimited classes FREE corepoweryoga.com/yoga-studios/park-ridge/park-ridge	847-496-4359
Crossfit 88	*Two weeks of classes- FREE with initial goal setting session	773-732-4233 cf-88.com
Dick Pond Running Store	FREE 3 mile walking and running groups every Wednesday. Meet at store at 6:30pm	847-720-4083
Orangetheory Fitness Park Ridge 1 st class requires 30 min. orientation	*Two classes FREE by appt. only	847-318-3804 park-ridge.orangetheoryfitness.com
Pure Barre of Park Ridge must be new to studio	*Two classes FREE	847-696-7219 purebarre.com/il-parkridge
Sun and Moon Yoga	All 4:30pm classes are \$5	847-800-8444 sunandmoonpr.com
The Barre Code Park Ridge Create account & sign up https://clients.mindbodyonline.com/classic/mainclass?studioid=157576	*One week of classes FREE	Use promo code GETFIT
The Exercise Coach 20 minutes each session by appt. only	*Four sessions (2x/week) FREE	847-823-0035 parkridge.exercisecoach.com
The Spot Fitness Studio	*One week of classes FREE	224-985-3957 thespotfitnessstudios.com
Tone UP Club	*Two small group sessions FREE	847-912-0876 toneupclub.com
TriPilates tripilates.com	*Mat class Mon. at 9:30a or Thurs. at 7:30p FREE Go to 3 in June & get more FREE in July	847-698-6338 tripilates.co

***Please call ahead or register on-line to book your visit**



Get Fit Park Ridge!

Thank you to Kym Raya from Big Shot Marketing for creating & donating the Get Fit Park Ridge logo.