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**FOR IMMEDIATE RELEASE**

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**West Chicago Park District's Fitness Station offers 40 cent classes in January**

West Chicago, Ill. — Jump start your new year during the week of Jan. 2-7 with classes at the West Chicago Park District's Fitness Station for 40 cents in honor of the district's 40th birthday celebration.

Try a variety of popular fitness classes that will have you losing weight and strengthening your abs to get you ready for the upcoming swim suit season. From Yoga to Pilates to Zumba to strength training, the Fitness Station has classes for all ages and levels.

The Fitness Station, located at 103 W. Washington St., is budget friendly and offers a variety of cardiovascular and resistance equipment such as Precor ellipticals, Precor treadmills, stationary bikes, a recumbent bike, a 14-station weight training circuit, a Smith machine, dumbbells and benches, and a newly renovated free weight area.

Or if your goal is to lose weight for the upcoming year, then sign up for the Park District's version of the Biggest Loser. You'll join others who have the same goal you do—to lose weight. The competition kicks off on Saturday, Jan. 14 from 1-3 p.m. with a weigh-in. A personal trainer and nutritionist will be on hand to provide healthy eating guidelines and tips. A grand prize will be awarded to the participant who loses the largest percentage of pounds during the ten-week class.

A Fitness Station membership is not required to participate in the Biggest Loser. The competition fee is \$10 for residents; \$12 for nonresidents and includes a weekly weigh-in and progress check. The fee for the competition and a ten-week jump start membership to the Fitness Station is \$45 for residents; \$54 for nonresidents.

The Fitness Station offers annual, monthly and daily admission fees for individuals, couples, and families.

Follow the West Chicago Park District daily on Facebook and Twitter for up-to-the-minute information on programs, events, and happenings. For additional information on the Fitness Station or Biggest Loser competition call 630.293.5620 or visit the West Chicago Park District's website at [www.we-goparks.org](http://www.we-goparks.org).