



Mundelein Park & Recreation District

<http://www.mundeleinparks.org>

NEWS RELEASE

FOR IMMEDIATE USE

January 26, 2011

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FITNESS BINGO SPELLS F-U-N

Walk 'n' Roll Bingo Club Gets You Fit for Pennies per Day

Stay warm, get active and fit, and WIN PRIZES—all for pennies per day! Join Mundelein Park District's and Park View Health & Fitness Center's 6-week fitness program, *Walk 'n' Roll Bingo Club*. The affordable program, for adults (16 and older), kicks off on that special "heart" day, **Feb. 14, and runs through Mar. 21. The unique program combines the challenge of walking/jogging, away from the weather, with the fun of bingo. It's just \$15 for Mundelein residents (\$30 non-residents) for unlimited use of the indoor track for six weeks. Participants can register for the program by calling **847-566-0650**.**

Participants receive a fitness bingo card and get motivated with others, logging their distance and trying their luck at special "cover all" games. Prizes are awarded for game winners who

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cover five connected areas on the cards, as well as for the most laps logged.

Rose Nudo-Semsak, Community Center Manager and the creative force behind the program, hopes the program encourages people to stay active even in these cold months. “It’s really important to stay active year-round and walking is one of the easiest ways to do that. We have a perfect opportunity here at Park View—it’s affordable and easy—just a pair of gym shoes and you’re set.”

Park View Health & Fitness is a full-service facility of the Mundelein Park District and offers no enrollment fees, memberships or punch card options, and a wide array of amenities including an indoor pool, personal trainers, and over 30 programs from cycling to ZUMBA[®]. For more information on the **Walk ‘n’ Roll Bingo Club** or other programs, call 847-566-0650 or visit www.mundeleinparks.org.

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