



## Mundelein Park & Recreation District

<http://www.mundeleinparks.org>

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# NEWS RELEASE

**FOR IMMEDIATE USE**

**November 23, 2015**

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**FILL YOUR MORNING WITH FREE FITNESS WHILE FILLING THE FOOD BANK!**

*Sweat with Santa canned food drive is back December 5*

**Mundelein, Illinois** — Mundelein Park & Recreation District ([www.mundeleinparks.org](http://www.mundeleinparks.org)) has **expanded its annual *Sweat with Santa* FREE Fitness class lineup** to collect more non-perishable items for local food pantries and donation sites. A special **family yoga class has been added to the line-up, so families can come together and do something that is not only good for the community, but for themselves as well.** Children of all ages are welcome take this class with a parent or guardian.

Fitness fans ages 16 and older can enjoy all the free, festive classes with a non-perishable donation on **Saturday, December 5** at **Park View Health & Fitness Center** (1401 N. Midlothian Road, Mundelein). All classes are led by trained instructors, complete in *Santa* attire. **Options include Indoor Cycling at 7:15 am (48 hour advance reservation recommended), Aqua Aerobics at 7:45 am, Total**

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**Fill the Food Bank**  
**Page 2**  
**Nov. 23, 2015**

**Body Conditioning at 8:30 am, Kick-Boxing demo at 9:30 am, Zumba at 10:00 am and Family Yoga class at 11 am.** Call **847-388-5430** for more information or to make reservations.

"We had such a good response in to the free Family Zumba class that we offered last weekend that we wanted to have a family opportunity in the lineup of Sweat with Santa classes as well." said Rose Nudo-Semsak, Park View Health & Fitness Manager.

For those who can't fit in a workout and would like to donate, stop by the lobby's collection bin in the Mundelein Community Center (1401 N. Midlothian Road).

To learn more about Mundelein Park & Recreation District and its fun, affordable year-round programs, visit [www.mundeleinparks.org](http://www.mundeleinparks.org), "like" us on Facebook or follow us on Twitter.

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