



Mundelein Park & Recreation District

<http://www.mundeleinparks.org>

NEWS RELEASE

FOR IMMEDIATE USE

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

Sweat with Santa canned food drive is back December 2

Mundelein, Illinois — Park View Health & Fitness is offering to fill your morning with **free fitness classes with a non-perishable food donation to fill up the local food bank. On Saturday December 2,** join us for the Sweat with Santa canned food drive. Plus, all participants receive a coupon to come back another day for a free Group Exercise class!

Fitness fans ages 16 and older can enjoy all the free, festive classes 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), Water Fitness at 8 am, Hard Core Muscle at 8:30 am, Pilates at 8:30 am and Kickboxing at 9:35 am.** Call 847-388-5430 for more information or to make reservations.

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

To learn more about Mundelein Park & Recreation District and its fun, affordable year-round programs, visit www.mundeleinparks.org, or follow us on Facebook, Twitter or Instagram.

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