

# 50 PLUS!

## MEMBERSHIP INFORMATION

Join our 50 Plus! program to socialize, adventure, and learn! Membership runs **May 1 – April 30** each year. Individuals aged 50+ living in Champaign-Urbana join for an annual fee of **\$20 before October 31, or \$10 beginning November 1**. Those outside of Champaign-Urbana pay **\$30 before October 31, or \$15 beginning November 1**. Non-members are always welcome to participate at the non-member (NM) fee, varies per program.

### BENEFITS

- Discounted rates on many programs at both Hays Recreation Center (HRC) and Douglass Annex (DA).
- Free admission to several annual events plus these programs: Cards & Games, Bridge Group, Bunco, Trivia, Wii, Chair Exercises, and Munchies at Hays (HRC); Open Game Day, Chair Exercises, and Computers 101 (DA).
- Members get advance registration for the yearly senior trip.

### FREEBIES FOR ALL

- Fresh coffee weekday mornings
- Table area to play cards/gather (based on availability)

### BECOME A MEMBER

It's easy to become a member! Register at any Champaign Park District facility and you'll be entered into our system to automatically receive member discounts on programming. Membership is non-transferable.

M = Member NM = Non-member

## 50 PLUS! FITNESS

### CARDIO WORKOUTS

#### Ages 50+

Health is the new wealth, and we want all our 50 Plus! participants to be rich beyond their needs; so do not miss out on the cardio workouts. There will be a mix between video and instructed classes. Don't want to sweat? Don't worry, go at your own pace, and still enjoy a great workout!

**Date** 5/14-9/5 **Day** Tu/Th **Time** 2-2:45p

**Location:** Douglass Annex  
**Fee (M/NM):** Free/\$3  
**Questions:** darius.white@champaignparks.com or 217-819-3961

### WALK-A-THON

#### Ages 50+

Join us for some outdoor walking; whether you want to walk 1 mile or 3 miles, speed walk, or walk at a relaxing pace, it is totally up to you. Meet us at the Annex to walk the new trails at Douglass Park. Afterwards, enjoy some refreshments with friends.

**Date** 6/28, 7/26, 8/30 **Day** F **Time** 10-11a

**Location:** Douglass Annex  
**Fee (M/NM):** Free/\$3  
**Questions:** darius.white@champaignparks.com or 217-819-3961

### CHAIR EXERCISES

#### Ages 50+

These exercise sessions focus on providing you with a great workout while in the support of a chair. Focus on stretch and strength, core fitness, or yoga. No matter your preference, you are sure to burn calories!

Date	Day	Time	Fee (M/NM)	Location
Year round	M/W/F	9-10a	Free/\$3 per session	Douglass Annex
Year round*	M/Th	9-9:45a	Free/\$3 per session	Hays Recreation Center

**No Class:** 5/27, 7/4, 9/2\*  
**Min/Max:** 1/15

**Questions:** For Douglass – darius.white@champaignparks.com or 217-819-3961  
 For Hays – cynthia.williams@champaignparks.com or 217-239-1152



 = Free with Membership

