



Fun Facts

- Regular physical activity can help you fall asleep faster, get better sleep and deepen your sleep.
- Physical activity stimulates various brain chemicals that may leave you feeling happier, more relaxed and less anxious.
- Exercise delivers oxygen and nutrients to your tissues and helps your cardiovascular system work more efficiently.

*www.mayoclinic.org for these facts & more!

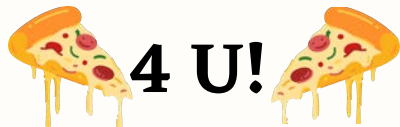
Let's GLOW Bowling

Cosmic Bowling Mother Son Date Night

Join us on **May 20th** from **5-8pm** at **Riverfront Lanes** for our first Mother Son Date Night as we go cosmic bowling! We will have dinner, bowling, raffles, matching t-shirts, and more!! Be on the lookout for more information coming soon to our website and social media!



Pizza 4 Parks with Pizza



Rotary and Interact Club are working to raise money for the park project! Your favorite Rotary and Interact members will personally deliver your pizzas. 15% of your Pizza 4 U order and all tips will go towards building an inclusive park. Check our Social Medias for the link to pre-order your pizza! (Pre-order is encouraged)

Employee Spotlight:

This month we are acknowledging our Graduating Seniors!



Haley Dempsay	Christian Koca	Rachel Adams	Markie Chandler	Olivia Hansen
WHS 23- University of Illinois Major: Systems Engineering and Design	RGHS 23-Iowa State Major: Sociology and Criminal Justice	RGHS 23-Illinois State University Major: Communication Science and Disorders	WHS 23' - Illinois State University Major: Biology	WHS 23- John's River State College Major: Forensic Science /Psychology

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Spring into Fitness!

4/10-5/26

- **Boot Camp (\$60)**

M/W 11AM-12PM
OR

T/Th 6PM-7PM

- **Low Impact:**

- **Chair Class (\$35)**

M/W 10-10:45 AM

- **Yoga (\$45)**

Wed 6:30-7:30PM

- **Kick Boxing**

Thurs 11:30-12pm

- **Barre/Pilates**

- **Class (\$45)**

Wed 5-6PM



GYM HOURS

- Monday - 5am-8pm
- Tuesday - 5am-8pm
- Wednesday - 5am-8pm
- Thursday - 5am-8pm
- Friday - 5am-8pm
- Saturday - 7am-6pm
- Sunday - 7am-2pm

Back By Popular Demand:

Farmers Markets!

Join us every 3rd Thursday of the month at our Farmers Market!

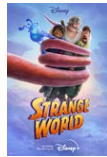
- June 15th
- July 20th
- August 17th
- September 21

Looking to be Vendor at our Farmers Market? Pick up an application at the front desk, or register online at www.islandparkdistrict.com

Spring Break Movie at the Mar

Join us on April 3rd at 10:00am to watch

Strange World



\$10 for a popcorn, drink, and movie ticket!

No Presale, just show up!

Succulent Garden

On **Sunday, April 23**, at **2:00pm** sign up and celebrate Earth Day with us by learning about the benefits of succulents in the home. Take home your own planter tabletop garden!

\$25.00 to register!



WPD's Float Of Champions

How competitive are you? Participating in our tournaments and contests can get you a special T-shirt and ride on our Float of Champions during the CFD parade!

Look for info coming up for Kickball, sand volleyball and more!



Kids Club Summer Camp

Be on the lookout for our Kids Club Summer Camp application! The packet will be open for taking on April 20th

PARK NEWS