



Sterling Park District

COMMIT TO EXCELLENCE

WESTWOOD FITNESS & SPORTS CENTER

1900 WESTWOOD DR., STERLING, IL

815.622.6201

OPEN WEEKDAYS 24/5:

MON: 4:30 a.m. - **FRI:** 9:00 p.m.

SAT/SUN: 6:00 a.m. - 8:00 p.m.

Hours may vary by season, view up-to-date hours at sterlingparks.org.

AMENITIES: Fitness center, fitness turf, 200-meter indoor track, 60-yard indoor turf field, functional training equipment, CrossFit Unicus, indoor & outdoor tennis courts, indoor pickleball courts, racquetball & wallyball courts, wood basketball courts, volleyball courts, batting cages & pitching lane, golf net, Juice Bar and Kids Gym.

PROGRAMS/ACTIVITIES: Group fitness classes, personal training, senior fitness, youth fitness, open soccer, open basketball, open pickleball, court rentals, youth & adult tennis lessons, pickleball lessons, youth sports, adult sports, CrossFit Unicus and CrossFit Kids.



"I have been a member at Westwood for about seven years, and my kids and I have been involved with the Park District since they were little. My boys have taken part in the soccer and basketball programs, along with swimming lessons over the years. I became a member for the cardio and weight equipment. I also liked the fitness classes that are offered as part of the membership.

After a few years, CrossFit Unicus opened at Westwood and I tried a few classes. I thought I would just drop-in now and then, but ended up with an unlimited membership. I enjoy the variety of workouts and how it challenges me more than if I were working out on my own. My favorite part is the community. I would encourage anyone to give it a try. I appreciate all Westwood has to offer, and I am glad to be a member."

DARCI FIORINI | STERLING, IL



"I have been a member with the Sterling Park District for almost 20 years. I enjoy the atmosphere and camaraderie with fellow members. I am happy to see that Westwood continues to expand and bring in more advanced equipment. I feel this facility has the best free weight selection in the Sauk Valley area.

The Juice Bar was a great addition, and they continue to set the bar with other new additions, such as the ninja equipment, wood basketball courts and Kids Gym. The facility has been a huge factor in my continued pro wrestling success. My family and I enjoy Westwood very much, and will continue to do so for years to come."

JUSTIN ALLEN | STERLING, IL



"Compared to other gyms, Westwood by far has the largest selection of equipment and fitness classes in the area. There's plenty of space in the gym and on the turf to train with medicine balls, kettlebells and the MoveStrong trainer. The indoor track is great for walking and running during the winter.

Plus the ability to use the Duis Center swimming pool gives you more benefits with your membership at Westwood."

**LAVINA CADY
ROCK FALLS, IL**



"I joined Westwood in 2018 and needed an overhaul to my lifestyle. I chose Westwood because most people I asked all came to the same conclusion: Westwood is the best gym around.

The first staff member I met was Ryan Jandrey, who has proven to be very intelligent and resourceful. He showed me around and went in depth with machines and training styles. The facility is very clean and updated. I would personally recommend Westwood to anybody."

**CARSON LEIF
MILLEDGEVILLE, IL**



DUIS RECREATION CENTER

211 E. 23RD STREET, STERLING, IL

815.622.6200

MON-FRI: 5:00 a.m. - 9:00 p.m.

SATURDAY: 7:00 a.m. - 6:00 p.m.

SUNDAY: 12:00 p.m. - 6:00 p.m.

Hours may vary by season, view up-to-date hours at sterlingparks.org.

AMENITIES: Fitness center,
swimming pool and gymnastics

PROGRAMS/ACTIVITIES: Stingrays swim team, youth swimming lessons, open swim, lap swim, water walking, water fitness, youth gymnastics lessons, youth tumbling lessons, tae kwon do and yoga.



"I have been swimming at the Duis Center for years. Swimming laps is a good workout that is easy on the joints. I try to get in the pool two or three times per week. It keeps me active and I always feel better when I get my laps in. The pool facilities are excellent and the staff is helpful and friendly. If you are looking for something to get you moving, I recommend you give the Duis Center pool a try."



MIKE FRAZIER
STERLING, IL

MEMBERSHIP BENEFITS

TOTAL FITNESS PASS

Our Total Fitness Pass provides you with access to everything you need in order to reach your fitness goals.

All of our memberships provide unlimited access to both of our fitness centers (Westwood and Duis), as well as the following areas during open/drop-in hours: fitness classes, regular and wood basketball courts, indoor track, indoor turf field, functional training equipment, Kids Gym and the swimming pool.

Purchase a Total Fitness Pass as an individual, couple or household. For Total Fitness Pass membership rates, visit sterlingparks.org.



KIDS GYM FAMILY BENEFITS

With a Sterling Park District Total Fitness Pass, fitness will be your only concern! Your kids will have a blast in Kids Gym while you workout. Included free with your membership, Kids Gym provides a safe and playful environment for children ages 3-months to 12-years-old. Kids Gym features a mega-playground, climbing wall and interactive fitness equipment.

KIDS GYM HOURS

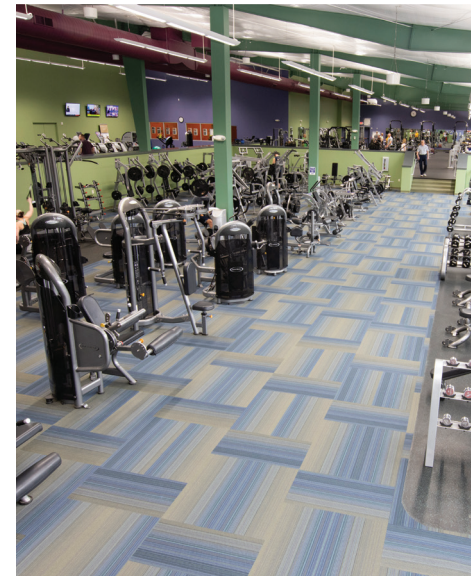
MON-THURS:
8:30 - 11:30 a.m.
4:00 - 7:30 p.m.

FRIDAY:
8:30 - 11:30 a.m.

SATURDAY:
7:45 a.m. - 12:00 p.m.

*Members: Free
Non-Members: \$4/session*

Children may be in Kids Gym for a maximum of two hours per day (1.5 hours maximum per session).



ENDLESS OPPORTUNITIES

CROSSFIT UNICUS

Housed within building #1 of Westwood, CrossFit Unicus caters to all ages and skill levels. Our coach led workouts include everything from strength training, to high intensity cardio, long distance cardio and mobility work. Classes are offered six days per week. Visit crossfitunicus.org for an up-to-date class schedule.



COURT RENTAL

Westwood offers a variety of rentals in building #1 & #3. Basketball/volleyball courts, batting cages, a pitching lane, a golf cage, a soccer/football field, wallyball courts and a racquetball court are all available.

For information about pricing, please call us at 815.622.6201.



PARTY RENTAL

Westwood Turf Parties: With options for soccer, football, kickball or dodgeball, your party is sure to be a hit!

Tennis Center Parties: The Westwood Tennis Center serves up all the space you need for your shindig, with two tennis courts and the lobby included.

Kids Gym Parties: Our Kids Gym rental includes the entire room, with access to the mega-playground, climbing wall and interactive fitness equipment.

Duis Center Parties: Make it a pool party, or just enjoy the space our multipurpose room offers!

For party rental pricing & availability, please call 815.622.6200.



RACQUET SPORTS

The Westwood Tennis Center, located in building #2, features four indoor courts. Private and group lessons are available for all ages, along with court rental, ball machine rental and PlaySight smart court rental.

Building #3 at Westwood features six permanent pickleball courts. We offer group lessons, tournaments and drop-in times. Court rental is offered during the summer.



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