The REC

802 JONES ROAD

Look inside for details about our Community Center including:

- Site Map/Plan
- Floor Plans/Plan Perspectives
- Exterior/Interior Perspective Views
- Potential Equipment & Machines
- Potential Program List

Questions? Contact us by email: mail@rochelleparkdistrict.org

Flagg Rochelle COMMUNITY PARK DISTRICT
This community center is a composition of the past and the present, built for our future. The goal of this community center will be to serve as a centralized HUB to improve the quality of life in Rochelle with health and wellness. A vibrant community recreation center will be providing open, flexible space to allow for a variety of activities – from basketball and soccer to swimming, fitness, and social classes. Rochelle deserves this investment into our community; thank you for your support, this is our new beginning!

This facility will instill discipline, healthy exercise habits and teamwork. Maintaining an active lifestyle is a key component of a happy and healthy life. This top-notch facility will also have room for social clubs and academic programs. Our community center won’t just cater to our young. We will look to incorporate walking clubs, lifestyle classes, open swim, sports training, arts and crafts classes, and various cultural activities that can be available to all ages.
INDOOR TURF
- Designed as 2 soccer fields or 1 little league size baseball field
- Soccer, baseball & batting cages, football, gymnastics, track/field, golf, croquet, frisbee, cornhole, events, rentals, etc.

MULTI-PURPOSE FLOORING
- 4 basketball & 4 volleyball courts
- Volleyball, basketball, pickleball, wrestling, tennis, dances, skating, special events & exhibits, rentals, etc.

WALKING TRACK AREA
- Approximately 6 laps for 1 mile

INDOOR AQUATIC CENTER
- Lap Pool
  - 4 lanes, 25 yards
  - Aerobics, swim team, competitive training/programs, rentals, open swim, etc.
- Recreation Pool
  - Swim lessons fitness classes, water walking, therapy, rentals, open swim, etc.
- Locker Rooms

24/7 FITNESS CENTER
- Cardio & resistance machines, free weights, etc.

CLASSROOM
- Wood flooring
- Aerobics, cycling, dance, etc.

LOBBY/CIRCULATORY SPACE
- Socializing, meetings, concession lounge, sports affiliate usage space, etc.

PARK DISTRICT ADMINISTRATIVE OFFICES

CONCESSION/KITCHEN SPACE

MULTI-PURPOSE ROOMS

OUTDOOR SPACE
FLOOR PLANS
Exterior Perspective Views

View from the curve of Jones Road – northwest corner
View of aquatic center exterior – southwest corner

View of fieldhouse exterior – southeast corner

View of fieldhouse exterior – northeast corner
View from front doors into lobby

View from lobby into fieldhouse – concession window
Dance/Classroom

View of multi-purpose rooms
Interior Perspective Views

Aquatic Center

View of outdoor patio
View of fieldhouse from lobby entrance

View of fieldhouse turf

Walking track around perimeter of fieldhouse
Senior Group Fitness Options

- Zumba® Gold
- Club 55 Fitness
- Cardio Walking + Strength
- Chair Yoga
- Tai Chi (Qi-Gong)

Cardio Group Fitness Options

- Boot Camp
- Spin Class
- Zumba® Fitness
- HIIT Class

Strength Group Fitness Options

- Kettlebells
- Circuit Training
- STRONG by Zumba®
- Beginner Weight Training

Mind & Body Options

- Yoga
- Tai Chi (Qi-Gong)
- Body & Brain
- Pilates
- Stretch & Relaxation

Additional Programming

- Speed and Agility (Youth)
- Personal Training
- Nutrition Classes
Cardio Equipment

- Treadmills
- Ellipticals
- Incline Trainers
- Stair Climbers
- Recumbent Bikes
- Upright Bikes
- Rowing Machines
- *ADA Accessible Total Body Trainer*
Strength Equipment: Selectorized

- 8-Stack Multi-Station Cable Crossover
- Chin-up/Dip Assist
- Chest Press
- Overhead Press
- Pec Fly/Rear Delt
- Seated Row
- Biceps Curl
- Triceps Extension
STRENGTH EQUIPMENT: SELECTORIZED

- Rotary Torso
- Abdominal Crunch
- Back Extension
- Seated Leg Curl
- Seated Leg Press
- Seated Leg Extension
- Hip Adduction/Abduction
- Glute Press
- Standing Calf Raise
Strength Equipment: Plate-Loaded

- Power Racks
- Dumbbell Sets
- Smith Machine
- Incline Chest Press
- Seated Low Row
- Seated Shoulder Press
- Angled Leg Press
- Fixed Weight Barbell Tree
- Back Extension
Group Fitness/Additional Equipment

- Stability Ball
- Jump Ropes
- Medicine Balls
- Plyometric Boxes
- Battle Rope
- Soft-Toss Medicine Balls
- Exercise Mats
- Kettlebells
- Spin Bikes