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Village Sportsplex Cross Challenge Offers Intermediate to Advanced Work Out



The Village of Orland Park Sportsplex will host its Cross Challenge this summer. Participants will do a variety of high burst interval exercises to burn maximum amount of calories.

This tough intermediate to advanced level workout combines cardio, strength, gymnastics, ab work, and functional training. Participants must register and pay for the entire month and may attend class during any of the available times listed.

The program will be held in three time frames at the Sportsplex soccer arena located at 11351 W 159th St. The first challenge will take place June 8 to July 10. The second will take place July 13 to August 14, and the final program will take place August 17 to September 18 with no class on September 7.

Program start times differ each day, with each workout being approximately 55 minutes. Monday's workout will take place 5:30 p.m. to 6:25 p.m., with Tuesday's class starting at 9:00 a.m. and ending at 9:55 a.m. Wednesday's class will start at 5:30 p.m. and end at 6:25 p.m., Thursday's class will start at 8:00 a.m. and end at 8:55 a.m. and class on Friday will start at 9:00 a.m. and end at 9:55 a.m.

Times and dates are subject to change based on sign-ups. Participants must be at least 16 years old to participate and space will fill up fast as each class is limited to 12 people. Fee is \$90 for residents, \$135 for nonresidents and \$85 for Sportsplex members.

Registration and further information is available at the Village of Orland Park Sportsplex, 11351 West 159th Street or by calling 708/645-PLAY.