

# NBC's The Biggest Loser winner to appear at Ackerman Sports & Fitness Center Second Annual Open House

*Open to the public and free to attend, the open house takes place on Saturday, January 7 from 10am-2pm*

Season 9 winner of NBC's The Biggest Loser, Michael Ventrella, will make a special appearance at Ackerman Sports & Fitness Center's Second Annual Open House on January 7.

Ventrella will share the inspiring success story of how he lost 264 pounds and gained \$250,000 when he became the season winner in May 2010. An autograph session will follow his talk about his experience on the show and how it changed his life.



Michael Ventrella, the season 9 winner of NBC's The Biggest Loser, will appear at Ackerman Sports & Fitness Center's 2nd annual open house Saturday, January 7.

The open house is the perfect opportunity to begin working on 2012 resolutions to achieve a healthier lifestyle. The event will feature a variety of healthy fun, including fitness screenings, classes, facility tours, equipment demos, massages, personal trainers, rock climbing, face painting, refreshments, prizes and give-aways. Exhibitors include: Run Today, Trust Nutrition, White Sox, XS Energy, Walgreen's, Chiro One and Massage Envy.

Ackerman SFC offers 88,000 square feet of fitness and fun for the whole family. From preschoolers to seniors, facility staff members are ready to provide the best options available for individual needs and interests:

- Two towering 30' climbing rocks
- 40-yard by 60-yard multi-purpose special turf field
- Bulls/Sox Academy baseball & softball training
- Gymnasium w/three high-school-size basketball courts
- 7,000 square feet of diverse, state-of-the-art fitness equipment
- Multi-lane walking/running track
- Group & private classes
- Special events
- Youth & adult sports leagues
- Personal training
- Fit & Play Child Drop-In
- No-school-day programs
- Climbing wall parties
- Private rentals
- Open gym

Conveniently located and affordably priced, an annual membership includes dual membership at Ackerman SFC & SARC Fitness Center, use of the climbing walls, walking/running track and open gym plus discounts on classes such as Pivo, Turbo Kick, Cardio Kickboxing, Circuit Express, Yoga and more. Fit & Play Child Drop-In, an exclusive benefit to members, allows busy parents to enjoy a worry-free workout while little ones, six months through six years, are right around the corner having fun.



Ackerman SFC personal trainers can design a program to help members develop and maintain the safest, most productive plan to meet specific needs. An evaluation includes: body fat analysis, upper/lower body strength, lean body mass, abdominal strength, cardiovascular endurance testing, flexibility analysis and blood pressure screening. Services also include regular presentations on healthy living by local health experts.

There is no initiation fee, no hidden fees and no long-term contract. Ackerman SFC offers a variety of membership options and a 30-day satisfaction-guaranteed policy.

Open to the public and free to attend, the open house takes place on Saturday, January 7 from 10 a.m.-2 p.m. Ackerman Sports and Fitness Center is located at 800 St. Charles Road in Glen Ellyn. For more information, please visit [ackermansportsandfitnesscenter.com](http://ackermansportsandfitnesscenter.com) or call 630-317-0130.



**GLEN ELLYN PARK DISTRICT**

185 Spring Avenue • Glen Ellyn, IL 60137 • P: 630-858-2462 • F: 630-858-4378 • [support@gepark.org](mailto:support@gepark.org) • [www.gepark.org](http://www.gepark.org)