



Discover how the Peoria Park District and partner OSF Saint Francis Medical Center plan on incorporating **EXERGAMING** into their mission of health and wellness, including clinical trials that address EXERGAMING'S impact on childhood obesity.

What is Exergaming?

- It is a combination of physical movement and the compelling nature of video games.
- It is a variety of different games that challenge all with a heart-pounding workout.
- It improves hand eye coordination, which is vital for development.
- It engages the mind and body together in active problem solving.
- It makes exercising compelling for individuals of all ages.

XR-Game Studio Includes

1. **Dance Dance Revolution (DDR)** - A popular video dance craze! Users stomp, slide, spin, and dance on our platforms to various dance programs while burning calories, earn points or following a workout mode.
2. **Dancetown** – A game where you dance to kid – teen & senior friendly music! Two People can \ play simultaneously at different levels of difficulty. Great for team battle mode on different skill levels!
3. **Exerbike** – An exercise bike game console to play your favorite video game! The Exerbike Pro provides a fun and engaging entertainment center by allowing the user to directly control your favorite video game played through a PlayStation2®. The faster you pedal—the faster you move. Steer through the course and race against others.
4. **Lightspace Play** – Lightspace Play is a world-shattering game system that combines the latest display and interactive technologies to produce a recreational experience that will provide hours of fun for children and adults of all ages. Whether in single-player or multi-player mode, the games require players to actively participate. Players choose their game and difficulty level, and the Lightspace Play system takes it from there, sensing and responding to their every move and making the games unpredictable and challenging. Kids work up a sweat, and because they're having fun, they keep coming back for more!
5. **Makoto** – Described as a cross between "Whack-A-Mole" and "Simon", it's a triangle with 6-ft. steel towers rising from each corner. Each tower is electronically wired to emit sounds and lights; the lights can occur randomly in any of 10 locations per tower, and there are four tones that correspond to the height of the target. Using hands, feet, and/or staff, one responds to the audio prompt and attempts to hit the lighted area before the light goes off. Reaction time and accuracy are measured electronically, so one can compete with oneself or others. The speed of the prompts is easily adjusted for varying abilities.
6. **Skywall** – One of the most exciting climbing walls in the Exergaming industry! Complete with a 10 program course, the wall will challenge anyone... from beginner to advance rock climber!

7. **Traq 3D** - TRAQ 3D is fun and amazingly effective! Interactive games and sports sims create a total mind/body experience - drawing big smiles and unprecedented results from kids 5 years old to elite athletes to seniors 80 years plus!
8. **XaviX Tennis**- If tennis is your game you will have two wireless tennis rackets and feel just like you're on the court. Challenge yourself in a tournament tour, practice your serve and finish or rally. Take on the system players or compete against a friend in split screen two-player mode. Whatever you choose, it's a whole new way to play tennis.
9. **XaviX Boxing**- If boxing is your game, power up your cardio fitness with a trainer who knows all of the right moves- Jackie Chan. With the XaviX system cartridge and wireless boxing gloves, it's just like you're in the ring. Jackie will coach you through a training regimen improving your speed and technique, or challenge a series of opponents for the championship title. Whatever you choose, the system will track your workout sessions and calorie burn. It's a whole new way to have fun and get fit.

*For more information about Exergaming visit <http://www.exergamefitness.com/riverplex.htm>

XR-GAME ZONE HOURS OF OPERATION (Fall-Spring)

Open Hours for Exergaming

Monday & Thursday: 3pm-6pm
 Tuesday: 12-1pm, 3-8pm
 Wednesday, & Friday: 3pm-8pm
 Saturday: 9am-1:30pm
 Sunday: 10am-1:30pm

Birthday Rental Hours for Exergaming

2:00pm-4:00pm
 4:30pm-6:30pm
 2:00pm-4:00pm
 4:30pm-6:30pm

Clinical Hours for Exergaming

Monday: 6pm – 8pm

OSF Hours for Exergaming

Monday: 8am – Noon
 Tuesday: 8am – Noon

Home School Hours for Exergaming

Tuesday: 1pm – 3pm
 Thursday: 1pm – 3pm

Field Trip, Corporate Rentals, P.E. Class Hours for Exergaming

Wednesday: 9:00am – 2:00pm
 Thursday: 9:00am – Noon
 Friday: 9:00am – 2:00pm