

# MONTHLY MEMBERSHIP CHALLENGE

## SEPTEMBER 2022



### CONGRATULATIONS TO OUR WINNER!

COMPLIMENTARY ONE-HOUR MASSAGE  
WEST SUBURBAN WELLNESS

# JOHN MARCOUX



**Where are you from?** Born and raised in Rockville Centre, NY. Been in LaGrange for 15 years.

**When did you become a member?** Recently, end of Summer '22.

**What motivates you?** Feeling well. I have been teaching hot yoga and cool meditation at 105F Chicago since opening the studios in 2001. When I feel well, my body-mind-spirit all go along for The Ride.

**What is your favorite way to be active at the Oak Brook Park District facilities?** I am a deep-water treader. I swim out to the far side of the pool and churn 20+ minutes a day, 6 days a week. I also love the hot tub and the weight room. The facilities here are my favorite kind: low-key high-quality.

**What is your favorite food?** The spaghetti & meat sauce & hot bread combo served at home (my wife is from NY, too!)

**Do you have any skills or talents most people don't know about?** I wrote and published a plush, colorful graphic novel last year about the life of Bob Marley! Check it out at [DinnerGuestPress.com](http://DinnerGuestPress.com). I am also a part-time attorney who ghostwrites winning arguments for an entertainment law firm in NY, LA, and Miami.

**What's a goal you have for yourself that you want to accomplish in the next year?** I intend to publish a playful, practical, meditative essay about how to meditate your way to a Good Life.



Oak Brook  
Park District  
A National Gold Medal Agency



Republic Bank