



December Fitness Specials

End the year strong - Don't let the season's busy schedule keep you from taking care of yourself.

Check out these great specials we have to offer!!!
You may only purchase one month at this special rate.

Offer valid until December 31, 2016

STUDENT SPECIAL RATE:

*Student 1 Month Membership - \$10.00



1
month

INDIVIDUAL SPECIAL RATE:

*Individual 1 Month Membership - \$25.00

*Senior (Age 60 or older), Corporate Rate,
Tremont Firefighters / EMT / Police, and
Military 1 Month Membership- \$20.00

Add additional family member(s) from your household for just \$5.00

Your membership includes:

Use of cardiovascular equipment which includes treadmills, Jacob's Ladder, rowing machine, endless rope, elliptical, xRide by Octane Fitness, and stationary bikes along with use of the strength training equipment, free weights and machines

Group fitness classes are **FREE** for members. We offer:

PowerFlex, Yoga, Spin, Tabata

Please check out our website for class date & time

www.tremontpark.org

Locker room, shower, and towel service

Convenient access to the fitness center from
4 am to 11 pm for members with a prox card

