



MARCH FITNESS SPECIAL



Save Money AND Get Fit - You're in **LUCK!!**

**1 Month Student Membership - March Madness
Special \$10.00**

3 Month Membership for \$75.00

\$60.00 – Senior (age 60 & over), Corp Rate, Tremont Firefighters/EMT/Police, Military

*****purchase this membership by 3/16/16 and your name will be entered into a drawing for 1 FREE month – drawing will be held on 3/17/16**

May the **LUCK of the Irish be with you!!!**

-or-

**6 Month Membership and receive
1 Month FREE for \$150.00**

*****offer valid until March 31, 2016*****

*You may add an additional family member(s) from your household for just \$5.00 each per month – **not applicable to student membership***

Personal Training one-on-one available for a fee upon request

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** – we offer:

* PowerFlex *Yoga *Spin *Tabata *TaeKwonDo & HapKiDo

Please check out our website for class date & time

Locker room, shower, and towel service available

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



*****FREE - New This Month*****

March 19 – Fitness Center Equipment Orientation

Meet our personal trainer Tony Schoedel

Learn the correct way to use the gym equipment

Advance sign up required for a 30 minute time slot between the hours of 8 am and noon

Available to members or anyone interested in purchasing a membership

Feel free to bring a friend