

# Tremont Hometown Gym

Let your resolutions be stronger  
than your excuses



Check out these exceptional **membership specials**  
**NO INITIATION FEES**

Purchase a 6 month membership and receive 1 month **FREE**

\$180 Individual Membership

\$150 Seniors (Age 60 or older), Corporate Rate, Tremont Firefighters/EMT/Police

*\$30.00 Additional family member(s) from your household for just \$5.00 per month*

Purchase a 1 year membership and receive 2 months **FREE**

\$360.00 Individual Membership

\$300 Seniors (Age 60 or older), Corporate Rate, Tremont Firefighters/EMT/Police

*\$60.00 Additional family member(s) from your household for just \$5.00 per month*

**\*\*Offer valid for purchase until January 31, 2017\*\***

## STUDENT PRICE:

1 Month Membership - \$10

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: full body free weight aerobic workout, Yoga, Spin: indoor cycling, and Tabata: Short burst high intensity workout, – please check out our website for class dates and times  
[www.tremontpark.org](http://www.tremontpark.org)

Locker room, shower, and towel service

Trainers available for a free workout consultation

**Convenient Card access to the fitness center from 4 am to 11 pm for members**

### STAFFED HOURS:

Monday Tues Thurs Fri: 8am-12pm and 3pm – 6pm

Wednesday: 3pm – 6pm

Saturday: 9am – 11am

Tremont Area Park District  
22522 IL Route 9  
Tremont, IL 61568  
(309) 925 - 3811