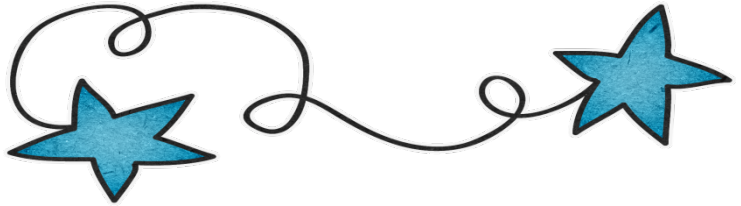


BE OUR GUEST



Not sure you are ready to purchase a membership ... then BE OUR GUEST

and workout for **FREE** on Saturday mornings in August from 8:30 am to 10:30 am

- Saturdays in August (5th, 12th, 19th and 26th)
- Your workout must be completed by 10:30 am
- Waiver must be signed at each visit in order to workout
- Prox cards will not be given to guests

AUGUST BACK-TO-SCHOOL FITNESS SPECIALS LISTED BELOW:



- \$10.00 - 1 Month STUDENT membership
- \$55.00 - 2 Month INDIVIDUAL membership
\$45.00 – 2 Month Senior (age 60 & over), Corporate rate, Tremont Firefighters/EMT/Police, Military membership
- \$75.00 - 3 Month INDIVIDUAL membership
\$60.00 – 3 Month Senior (age 60 & over), Corporate rate, Tremont Firefighters/EMT/Police, Military membership

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

(Offer Expires 8/31/17)

*Equipment Orientation available
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 *Tabata *Tae Kwon Do & Hap Ki Do *Spin

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 and an active membership

