

TAPD Fitness

Get Active. Love your <3.

February is Heart Awareness Month. Tremont Park District Fitness Center with the assistance of Hopedale Medical Complex will host a health and awareness Open House on

Saturday February 18, 2017



BMI and Blood Pressure Checks:

8:00~10:00 AM

Trainer Greg Eberle from Hopedale will be available for discussion:

8:00~10:00 AM

Group Fitness Demos offered for 20 minute sessions for Power Flex, Tabata, Spin and Yoga:

8:00~11:00 AM

Information from the American Heart Association and Diabetes Association

"Promoting health awareness and keeping Tremont Active"

February Membership Special

4 Months: \$99

Our Everyday Student Special:
\$10/month



Door Prizes & Drawings
Free Trial and In Service of all
Gym Equipment
Healthy Snack and Nutritional
Information with Dietitian on Site