



JULY FITNESS SPECIAL

*I would rather be covered in sweat at the gym,
than covered with clothes at the beach.*

**\$10.00 - 1 Month Student
Membership**

\$26.00 - 1 Month Individual Membership

**\$21.00 – 1 Month Senior (age 60 & over), Corp Rate,
Tremont Firefighters/EMT/Police, Military
Membership**

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

(Offers expire 7-31-17)

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** with your membership – we offer:
*Power Flex *Yoga *Spin *Tabata *TaeKwonDo & HapKiDo
(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 active members with a Prox Card

