



MARCH FITNESS SPECIAL



Spring ahead – gain an hour and get 1 FREE month added to your membership when you purchase a 3 month membership – **not applicable to student membership**

\$90.00 - 3 Month Membership for Individual
+ 1 Month FREE

\$75.00 – 3 Month Membership for Military,
Corporate Rate, Senior (age 60 & over),
Tremont Firefighters/EMT/Police
+ 1 Month FREE

\$15.00 – *You may add an additional family member(s) from your household for just \$5.00 each per month – not applicable to student membership*

\$10.00 - 1 Month Student Membership

***purchase this membership by 3/17/17 and your name will be entered into a drawing for a T-Shirt ... drawing will be held on 3/18/17
May the **LUCK** of the Irish be with you!!!

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** with your membership – we offer:

* Power Flex *Yoga *Spin *Tabata

*Please check our website for class date & time
www.tremontpark.org*



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

