

## **Fitness Rules and Regulations**

1. The nautilus, free weights and cardio equipment are available to participants **14 years and older**
2. Each person must check in at the Front Desk before using the Fitness Floor
3. No food is allowed on the Fitness Floor.
4. Please use a locker to store your belongings. We are not responsible for lost/stolen/broken personal property
5. MP3 players are allowed with the use of personal headphones
6. All mats, dumbbells, and other equipment must be returned to their appropriate locations after each use.
7. Do not drop the weights or bang them together
8. Do not rest on the strength training equipment when others are waiting.
9. Proper attire is required on the fitness floor. Shirt and shoes are required. No open toed shoes
10. Please wipe down equipment after each use
11. There is a 20 minute time limit on all cardio while people are waiting
12. Foul language and inappropriate behavior are not acceptable. All members must conduct themselves in an appropriate manner. Failure

## **Hours Of Operation**

	<i>Staffed Hours</i>	<i>Member Hours</i>
Mon-Fri :	8:00am—12pm	4:00am—11:00pm
Mon-Fri :	3:30pm— 6pm	
Saturday :	9:00am—11am	5am—9pm
Sunday:	Closed	5am—9pm



## **Fitness Center**

- **Hours of Operation**
- **Rules and Regulations**
- **Membership Types**
- **Special Rates**
- **Group Fitness Classes**

22522 IL Route 9. Tremont. IL.61568  
www.tremontpark.org  
(309) 925-3811  
tapdfacres@gmail.com

## Membership Includes

- Use of Cardiovascular equipment which includes treadmills, elliptical, bikes, Jacob's ladder, endless rope, rowing machine, and stair stepper.
- Use of strength training equipment– free weights and machines
- Group exercise classes for **FREE**
- Locker room, shower and towel service
- Supervised fitness area with attendants to answer questions

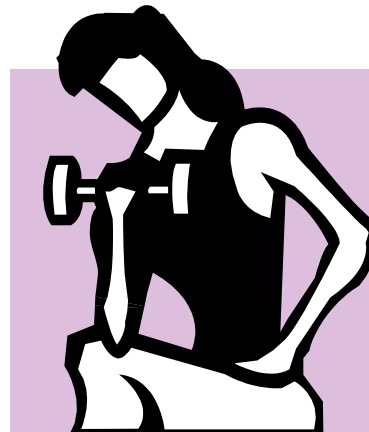


## Membership Rates

- \$30 Individual Monthly Rate
- \$25 individual monthly rate for Students, Seniors (60 or Older), Corporate Rate, Tremont Firefighters/EMT/Police
- \$5 For each additional member (Must reside in same household)
- Promotion: Pay 1 Year, get 1 Month **FREE**

**Payment Forms: Cash, Check, Credit/Debit Card**

**Please note: There is a convenience fee of 3% to use a credit/debit card**



## Group Fitness Classes

- **Body Attack:** Sports inspired cardio workout for building strength and stamina.
- **Body Pump:** This 60-Minute workout challenges all your major muscle groups by using the best weight room exercises like Squats, Presses, Lifts and Curls.
- **Yoga:** is a discipline that utilizes postures and breathing techniques. This form of yoga offers a range of health benefits to those who