

Fitness Rules & Regulations

- * The nautilus, free weights and cardio equipment area available to participants 14 years and older
- * Each person must sign in at the front desk before using the fitness floor
- * **NO** food is allowed on the fitness floor
- * Please use a locker to store your belongings. We are not responsible for lost/stolen/broken personal property.
- * All mats, dumbbells, and other equipment must be returned to their appropriate locations after each use.
- * **DO NOT** drop the weights or bang them together
- * Re-Rack your weights when you are done with your workout
- * **DO NOT** rest on the strength training equipment when others are waiting
- * Proper attire is required on the fitness floor – shirts and shoes are required – no open toed shoes are allowed
- * Please wipe down equipment after each use
- * There is a 20 minute time limit on all cardio when people are waiting
- * Foul language and inappropriate behavior are NOT acceptable – all members must conduct themselves in an appropriate manner – failure to do so may result in membership revocation

Park District Office Hours

Mon – Tue: 8 am – noon 4 pm to 7 pm
Wed: Closed Morning 4 pm to 7 pm

Thu: 8am-noon 4pm to 7 pm
Fri: 8 am – noon 3 pm to 6 pm
Saturday: 8:30 am – 11 am
Sunday: Closed All Day

Members with **active** memberships and a Prox Card have access to the fitness center: 5am – 9pm



Programs, Parks, Lakes, Rentals
Fishing and Pool

For more information visit our website
www.tremontpark.org



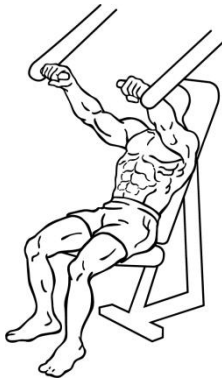
Fitness Center

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

22522 IL Route 9
Tremont, IL 61568
(309) 925-3811
www.tremontpark.org
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 are **FREE** for members
- Locker room, shower and towel service available
- Supervised fitness are with attendants to answer questions during staffed hours
- When not staffed, members agree to work out at their own risk



Regular Membership Rates

\$25.00 – 1 Month Individual Membership

You may add an additional family member(s) from your household for just \$10.00 each per month.

(not applicable to student membership)

Minor Membership Requirements:

- Must be 14 years of age to use gym/equipment
- Any member **under** the age of 18 must have parent or guardian signature on our membership waiver **before** using the gym
- Under 16 years of age must be accompanied by an adult while using the gym
- 14-15 WILL NOT BE ALLOWED TO USE THE GYM WITHOUT A PARENT SIGNATURE ON FILE
- Do **NOT** SHARE PROX-CARD OR GYM ENTRANCE WITH OTHERS

Payment forms: Cash, Check, Credit / Debit Card (*please note: there is a convenience fee of 3% to use a credit / debit card*)

Check our website for the most up to date specials we have to offer!

www.tremontpark.org

Group Fitness Classes

PowerFlex: a full body – approximately 1 hour workout - using free weights & cardio step (as a bench) - each body part is exercised continuously for about 5 minutes with very little break in between groups - it is both a strength and aerobic workout

Spin: a fun fast paced 60 minute indoor cycling class

Tabata: short burst, high intensity workout that has fitness and weight loss benefits

Yoga: a discipline that utilizes postures and breathing techniques - this form of yoga offers a range of health benefits, as it encompasses all areas of mind, body and spirit

Group fitness classes are **FREE** to members

Non-members may pay \$5.00 per class or purchase a 10-punch pass for \$40.00
Check out our website for class date & time

