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

\* 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, Tues, Thurs : 8 am – noon

4 pm to 7pm

Wednesday: 4 pm to 7 pm

Friday: 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: 5 am – 10 pm



**Tremont Area Park District**

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

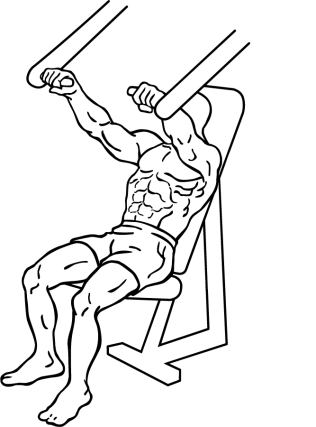
(309) 925-3811

www.tremontpark.org

[tapdfacres@gmail.com](mailto: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
* 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 $5.00 each per month.*

Purchase a 1 year membership and receive 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)*

Fitness Special

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