

JULY



2018

July 4th



CLOSED

Tinley Fitness will be closed, but head on over to McCarthy Park for the Fourth of July Extravaganza!

July 10th & 27th



Water Works...

Stop by the Fitness Desk and hydrate with some ice cold H2O. Find out what the health benefits are from the holiday inspired flavor of the day!

**July 11,18&25
6:15pm**



Triple Play Punch Pass*

Are you finding the motivation to get to Tinley Fitness with Summer on your mind? If not, we have the answer, a Triple Play Punch Pass! Purchase this class pass to join a circuit style training class and “play” with 3 types of equipment each week. Personal Trainer, Morgan, will build Gliding Discs, Battle Ropes and the Bosu into every workout. Receive a punch for every class you attend. Complete the Triple Play Punch Pass and earn a summertime prize for strengthening your body times three in this fun new format. Sign up at the Fitness Desk. Fees apply.

**July 20th
6-7:30pm**



Aqua Yoga*

Enjoy this 90 minute Aqua Yoga specialty class held in the Tinley Fitness pool. Incorporate your favorite traditional flowing yoga poses using the resistance of the water for a great workout. Namaste. Sign up at the Fitness Desk. Fees apply.

**July 23-Aug 22
10am**



SR Fit Group Training*

Join Personal Trainer, Tracy Carlson for this small-group training focusing on fall prevention, flexibility & balance, strength circuits and much more! Maximum 4 people per group. Sign up at the desk for this 5-week program. Fees apply.