



September 1, 2020

Hello Tinley Fitness Member,

Tinley Fitness has been much quieter since March 17 but it's beginning to pick up the pace. In case you hadn't heard, the Fitness Center is currently open and is following the Governor's Restore Illinois Phase 4 Safety Guidelines. In July, Tinley Fitness opened to members who chose to work-out following the new guidelines while paying a reduced rate since some amenities, such as the walking track remained closed. Most members though didn't choose to work-out at Tinley Fitness during the past few months, and we respect their decision. Therefore, even though Tinley Fitness opened in July, members have not paid for their regular membership since March 17.

Although the future is unknown, all of us now have some experience dealing with the social and financial impacts of the pandemic. With the experiences from the past few months as well as some Pre-Covid planned changes, we are taking the next step to bring more members back into the Tinley Fitness facility and are sharing our plan with you.

Starting October 1st and throughout October, all members are welcome to work-out following the safety guidelines. Test your comfort level as you get back into the Tinley Fitness routine. See how we are doing. No one will be charged for using Tinley Fitness during October.

If you don't feel comfortable yet and want to wait until next year to begin working out again at Tinley Fitness, let us know. All members will have until October 23 to let us know they choose to have their membership frozen until March 1, 2021. While your membership is frozen, you will not have to pay for your membership and you will not be able to work-out at Tinley Fitness or use its amenities. If you let us know by October 23, you will not pay the usual \$10 Freeze processing fee.

On November 1st Tinley Fitness members will begin to pay for their membership again. Please note, all reoccurring membership payments will be collected on the first of each month to streamline internal processing workflow. In addition, your membership rate may be different starting November 1st. Rate changes were planned prior to Covid as the Park District planned for increasing costs due to the annual minimum wage increases that have begun. Below is a summary of the membership rates effective November 1st.

2020 Rates

	Residents	Village/Corporate	Non-Residents
Individual	\$37.00	\$43.00	\$48.00
Additional	\$21.00	\$29.00	\$36.00
Senior	\$30.00	\$38.00	\$43.00
Senior Additional	\$14.00	\$24.00	\$31.00

Memberships – November 1st all memberships will resume billing and/or extension of days.

- Monthly – All memberships will now be paid on the 1st of the month. The November 1st payment may be less than the posted monthly rate listed above due to Household credit balance received for the March 2020 closing.
- Annual - Memberships will be extended 198 days (March 17 – September 30) taking into account the time annual memberships were not able to be used.
- Insurance - You may need to update your insurance information with us if you have not been in the facility since March.

Hours of Operation – Begins September 28, 2020

Monday – Friday	5:30am – 9:00pm	Closed for Cleaning	11:45am – 12:45pm
Saturday	7:00am – 2:00pm	Closed for Cleaning	11:00am – 11:45am
Sunday	8:00am – 12:00pm		

Cancellations/Freeze

- If you wish to cancel or freeze your membership, please notify us by email at Tinley.Fitness@tinleyparkdistrict.org or call us (708) 342-4255.
- You may freeze your membership up to 4 months within a 12 month period. During this time, you may request 4 months for fall of 2020 and then request up to additional 4 months in 2021.
- When canceling or freezing your membership on/before the 15th of the month, you will not have to pay the next monthly payment. When canceling or freezing your membership after the 15th of the month, you will pay the next monthly payment.
- All \$10.00 freeze and \$50.00 cancellation fees will be waived for the remainder of 2020.
- Please do not email multiple requests. You will be contacted, via email, when your request has been processed.

Keeping Everyone Healthy

If you have any symptoms related to Covid-19, been exposed to someone with Covid-19, or aren't feeling well we ask for you to stay home until you are feeling well. Use the self-check method included in this letter. Symptoms include: fever, chills, headache, sore throat, cough, shortness of breath or difficulty breathing, muscle pain or recent loss of taste or smell. Please keep yourself and others safe.

- Have you been experiencing difficulty breathing or a shortness of breath?
- Do you have head or muscle aches?
- Have you noticed a new loss of taste or loss of smell?
- Have you been experiencing chills?
- Have you been experiencing any other symptoms?
- Is anyone in your household showing any symptoms of Covid-19?
- To the best of your knowledge, have you or anyone in your household come into close contact with anyone who has tested positive for Covid-19?

Software Update

In August Tinley Park – Park District updated our software. This may impact access capabilities when you first visit. Please plan on taking a few additional minutes with our front desk staff to make sure all of your information is updated and we may need to take a new photo and issue you a new card. This update provides you with accessibility online, stay tuned for more useful tips and improvements.

Tinley Fitness is encouraging you to update your email address in our database, as this will be our main communication tool for future updates and information.

Registration Process

- Group Fitness schedules and the information on Pool Appointments for future viewing/release of schedules can be found on our Tinley Fitness Facebook Page and Tinley Park – Park District website www.tinleyparkdistrict.org
- Members must register for Group Fitness Classes and Pool Appointments. You may come in to register OR sign up on our website.
- You must have a current online household account to register online. Visit Website: www.tinleyparkdistrict.org. Click on the account login, use your online credentials to access your account. Once logged in, click on Tinley Fitness Tab for Classes OR Tinley Fitness Pool Appointments. You may also find the links on our facility page.
- If you need to set up an online account or if you need registration assistance, please call (708) 342-4255, we will be happy to email you the information.

General Facility Restrictions and Changes

- Maximum of 90-minute usage per day for Weight and Cardio Areas (Maximum of 93 members).
- **Everyone must wear a face mask to enter the building, no exceptions.** Face masks will not be provided, you will be turned away. Face masks that cover the mouth and nose must be worn at all times while in the building. Only when you are at your area (machine, class, pool) to exercise and practicing social distancing of more than 6 feet your mask may be removed.
- Members are required to clean any equipment touched, before and after use. Disinfecting wipes are available throughout the facility. We ask that during your workouts you do not share equipment.
- The facility will be closed from 11:45am – 12:45pm Monday – Friday, 11:00am – 11:45am Saturday. Restrooms will be cleaned hourly.
- Restrooms are open. Changing area, main lockers, showers and saunas are unavailable/closed at this time. Subject to change as we move into the cooler months, we will update members when they become available.
- Limited full size lockers are available outside the entrance to the locker rooms. Small wall lockers available for small items, keys, wallet, ID cards. We ask that you disinfect before/after use.
- Touchless fillable water bottle stations are available. Limited contact with the water fountain, push buttons are turned off. Please provide your own bottle.
- Strict physical distancing enforced by spacing all machines (including plate loaded and cable machines) to allow for the recommended 6 feet between individuals.
- Mats are limited. Personal mats are encouraged, bring them in at your own discretion.

Track

- Capacity is regulated at 50 people max. You may experience delays. Please be patient.
- Check in with your membership card. Access through Recreation Center, hallway is currently closed.

Basketball

- Currently not open, be prepared for a registration process. Rules/Guidelines will be posted.

Childcare

- Closed, currently being evaluated.

Group Fitness Classes

- All group fitness classes are included in all memberships with limited capacity and registrations.
- Please be aware you must register for classes, limited capacity per class, based on social distancing requirements. A class must have a minimum of 5 members registered for it to run. Due to limitations, you may only register for one aqua class a day.
- Capacity Numbers: Fitness Studio 15, Spin Studio 10, Aqua 24, Outdoor 15. Subject to change when guidelines are updated.
- If your membership is active you should be able to register for classes at zero cost. Each class you register for will run for three weeks with a week break in between sessions to accommodate any reschedule classes.
- All classes are 45 minutes in length, limited space and you must register at least 48 hours prior to the class start time.
- Please read all Group Fitness Guidelines prior to attending your first class.
- Registration Dates for Group Fitness Classes will be at 8:00am on Wednesdays. All Memberships will be active for you to register September 23rd for classes. Please mark your calendars!

Registration Date

September 23
October 21
November 18
December 16

Class Dates

October 5 – October 25
November 2 – November 22
November 30 – December 20
January 4 – January 24

Swimming Pool Usage

- Pool Lane Appointment/Time slots are limited, registration required.
- Maximum of 45-minute pool lane reservation, per day, space limited.
- Times may vary and facility cannot guarantee pool lane time slots.
- There is no access to locker rooms. Deck restroom and rinse shower available.
- One-time slot per day and if you cannot make your time slot, we ask that you call us 24 hours in advance or cancel your reservation online so it can be rebooked.
- A \$5.00 no show fee will be charged to your household account after two no shows for appointments, if this continues, management will intervene and you may lose pool privileges.
- The Buddy System – if you are able to secure a time slot and have a buddy (whom you are comfortable & he/she has an ACTIVE TF Membership), you may add your buddy during your reservation or call us for him/her to be added. **Find a friend and make a buddy if you haven't secured a time slot!**
- Please remember we have minimal timeslots for all of our members. **A member may not take more than 7 time slots within the 14 day of time blocks that are released.**
- **Pool Schedule will be released every other Friday at 8:00am for you to register. All memberships will be active for you to register for pool appointments on September 25.**

Registration Date

September 25
October 9
October 23
November 6
November 20
December 4
December 18

Pool Dates

October 5 – October 18
October 19 – November 1
November 2 – November 15
November 16 – November 29
November 30 – December 13
December 14 – December 27
December 28 – January 10

Personal Training

Trainers are ready to help you get back into a routine! Sign up for our Personal Training Promo! Our Starter Pack is only \$99!!! It includes a full InBody assessment plus two half hour training sessions. Want hour workouts instead? Add an additional \$26! Personal Training is limited and by appointment, based on social distancing requirements.

Thank you for your commitment to Tinley Fitness! This is a difficult time for everyone, following the required guidelines and changes will help to keep our members and staff safe. Our goal is to continue with outstanding service as we strive to make your experiences here at Tinley Fitness comfortable. We appreciate all of your patience and understanding.

Sincerely,

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