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TINLEY PARK-PARK DISTRICT NEWS RELEASE

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FOR IMMEDIATE RELEASE

October 13, 2021

Fitness Fun at Local Establishments

Tinley Park, Illinois: Working out works up a thirst. Tinley Fitness Perfect Pairing Events take fitness on the road making it easy to get the workout you need and the refreshment you want! October 27, 2021 is National Beer Day. What better way to celebrate than with Bootcamp & Brews hosted with Banging Gavel Brewery.

This Perfect Pair Event begins at 6 pm with a 45-minute invigorating bootcamp class at Vogt Visual Arts Center, 17420 S. 67th Court. The class is led by certified instructors from Tinley Fitness. Immediately following participants walk directly across Oak Park Avenue for a refreshing craft beer at the Banging Gavel Brewery, 17400 S. Oak Park Avenue. Class fee of \$25 includes your beverage.

For wine lovers looking to relax, try the Warriors & Wine Perfect Pairing Event hosted with Sip Wine Bar, 17424 S. Oak Park Avenue. Start off with a 45-minute yoga class at Vogt Visual Arts Center before enjoying a delicious glass of wine at Sip. This is a two event series: Sunday, November 14, class begins at 10:00 am, and Thursday, December 2, class begins at 6:00 pm. Fee for each class is \$25 and includes your beverage; register for both and receive a \$5 discount on the second class – it's like getting a glass of wine for free!

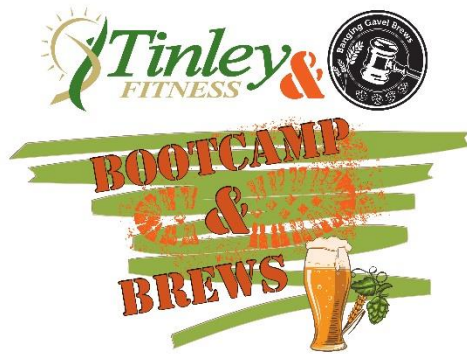
"Tinley Park businesses are moving forward in the post-pandemic economy," said Carol Bradtke, Marketing Manager at Tinley Park-Park District. "Perfect Pairing Events bring health and wellness events to the community, and include a fun social aspect to introduce new customers to our local eateries, taprooms and wineshops."

About Tinley Park-Park District: For more than 50 years, Tinley Park-Park District has served the community through a broad range of programs, events, activities, memberships, open space and facilities. Park District services offer residents opportunities to experience active, healthy and fulfilling lifestyles. Tinley Fitness is a vital part of fulfilling the Tinley Park-Park District mission by providing the best health and fitness facility, classes and events at reasonable prices. For additional information regarding Tinley Fitness memberships and events, please call 708- 342-4200 or visit www.tinleyparkdistrict.org.

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October 27, 6:00PM
\$25
includes 1 beer



Register for these
events at



November 14, 10:00 AM
December 2, 6:00 PM
*\$25 / class
Includes 1 glass of wine

*\$5 discount when you register for both classes



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