

MARCH MADNESS FUN!

- Pick-up Bracket Form March 1st - 14th from TF Desk
- One Entry Per Active TF Member
- Brackets Due March 14th
- Best Bracket Earns a Tinley Swag Bag Full of Fitness Fun!

Is LUCK on your side?



Offering fun, informative opportunities for everyone! Checkout our *LIVE LIFE WELL* Calendar on our Website Page under Tinley Fitness for monthly events & programs!

Yoga for Sleep Improvement Begins - March 3rd

National Day of Unplugging - March 6th - Be in the Moment

St. Patrick's Day - March 17th

Spring Yoga Mala - March 20th - Register NOW

www.tinleyparkdistrict.org

If any changes occur with the Cook County Mandate and how it applies to Tinley Fitness we will update you when information is readily available. Updates will be posted on <https://www.tinleyparkdistrict.org/> and our social media pages.



March Pool Schedule



Group Fitness March Schedule

Pool will be closed for ANNUAL MAINTENANCE

March 3rd with a tentative reopening dated of March 14th.

*Some of our aqua instructors will be offering land classes, see schedule or *LIVE LIVE WELL* Calendar for more information.

Staff will be asking members to SAY CHEESE! Some members have not updated their photo since our software upgrade in 2020! Our goal is to have all members updated by the end of March!

Freeze Information

Cancellations and Freeze Requests must be made by 15th of the current month to avoid being charged for the following month. You may put your membership on a Freeze for up to 4 consecutive months. Effective January 1, 2022 the Freeze Fee is \$10.00 Per Person NOT Per Household. This means, that each member can request up to a 4-month freeze per a 12-month period.



Please email Tinley.Fitness@tinleyparkdistrict.org with your contact information and applicable Tinley Fitness members if you will be freezing or cancelling membership.

Or visit the facility to fill out the proper paperwork.

An email confirmation will be returned within 5 days of cancellation/freeze request.

REQUESTS WILL NOT BE TAKEN OVER THE PHONE!