

Need Motivation? Why not give Personal Training a try with this April Promotion!



Tinley FITNESS
Celebrate Arbor Day!
Spring your Fitness forward!

GIVING TREE

Pluck a leaf off our Giving Tree for a discount on a Tinley Fitness Personal Training Package purchased in April!
Stop in to get your discount!

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

*Body Blast Begins - April 4th ***

*Yoga & Mindfulness for Tweens Workshop - April 6th ***

*Fit to Travel Begins - April 7th ***

International Dance Day - April 29th - with just 15 minutes of a modern dance step, you can burn up to 130 calories! Let's see those moves!

**** Registration Required**

www.tinleyparkdistrict.org

Currently we do not have any COVID-19 restrictions face masks are recommended. Updates will be posted on <https://www.tinleyparkdistrict.org/> and our social media pages.



April Pool Schedule



Group Fitness April Schedule

Staff will be asking members to **SAY CHEESE!** Some members have not updated their photo since our software upgrade in August 2020! If asked please help us complete this task with a quick smile! Thank you.

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!