

## May - Member Appreciation Month

Dear Members,

On Saturday, May 7th it's National Fitness Day! To SAY THANK YOU and to APPRECIATE YOU OUR MEMBERS we are going to CELEBRATE ALL MONTH LONG! We will have random drawings and loyalty prizes throughout the month. Stay-up-to-date on our media pages and our LIVE LIFE WELL Calendar.

Since March 2020, the world including Tinley Park - Park District was heavily impacted by the COVID-19 pandemic changing our "community" home at Tinley Fitness as we once knew it...

We have done our best through unprecedented times to continue to offer a clean, family friendly, health club. As most businesses, we are not fully staffed since reopening the facility after a 3.5 month closure in July of 2020. Returning staff have been stepping above and beyond to continue to keep our facility open with premium hours, instructors/trainers taking on additional classes to absorb the loss of fitness personnel. Our staff have gone outside traditional duties to continue to make Tinley Fitness the place for exercise and wellness in the community.

It truly has been remarkable to see what we have done to keep fitness moving. We ask you to recognize this as we're highlighting YOU our valued members in May. We are committed to the future growth of Tinley Fitness as we try to restore the environment we once had. Please compliment and be kind to all staff working tirelessly to keep offering a great facility.

**THANK YOU AGAIN FOR BEING A MEMBER WITH TINLEY FITNESS!**

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

**112004D Yoga for Anxiety Thursdays, May 4th - 26th 7:00-7:45pm**  
"What's not stressing us out these days? Get beyond the triggers by getting grounded with Melissa on May 5th!"

**112004C Sound Bath Thursday, May 12th 11:00-12:00pm**  
Bring your own yoga mat & water bottle this is a land based class.

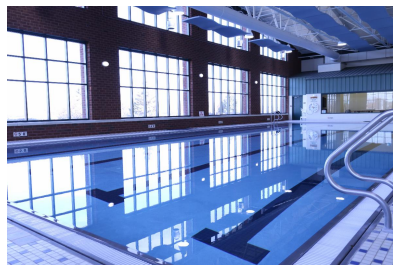
**212007 Our Perfect Pair Event Warrior & Wine is BACK this SUMMER.**

**Tinley Fitness Pairs up with SIP to bring you Yoga! Registration begins May 3rd - 6 classes to choose from! Event Info will be posted soon!**

**\*Registration required**  
[www.tinleyparkdistrict.org](http://www.tinleyparkdistrict.org)

**May 1st Summer Hours Begin**  
**Monday-Friday 5:30am-9:00pm**  
**Saturday 7:00am-5:00pm**  
**Sunday 7:00am-4:00pm**

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.



May Pool Schedule



Group Fitness May Schedule

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

## Freeze/Cancellation Information

Cancellations and Freeze Requests must be made by 15<sup>th</sup> 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](mailto: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!**