

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

June 1-30th - A Little Extra - Every newly purchased membership during the month of June receives a free 1 hour session with a Personal Trainer.

June 1 - Global Running Day - Celebrate with us by wearing any past race shirt on this day. Run 1 mile here at the Fitness Center. Stop at the front desk and fill out an entry for a chance to win discounted race fee for Tinley Park District's Stars and Stripes 2022 5k run/walk.

*212004B - June 17 - Yoga Slow Burn from 7-8pm - Join Melissa on the pool deck for a slow paced, Vinyasa style yoga class. The heat and humidity will encourage a sweat while improving flexibility for comfort and relaxation. This class will be held on the pool deck, the pool will be closed for the duration of the program.

June 19 Happy Father's Day!

June 21 - International Yoga Day - Experience something new and participant in one of our yoga classes today!

June 23 - National Hydration Day - This one's on us. Grab a bottle of H2O at the front desk on your way out!

*Registration required
www.tinleyparkdistrict.org

Perfect Pairing

*212007 - Our Perfect Pair Event Warrior & Wine - is BACK this SUMMER. Tinley Fitness Pairs up with SIP to bring you Yoga! A 45-minute outdoor yoga class at Vogt Visual Arts Center followed by a relaxing glass of wine at SIP Wine Bar!

Thursdays @ 7pm, June 2, July 7 & August 4
Sundays @ 11am, June 26, July 10 & August 14

\$25 per class
\$60 for a series and receive a gift!



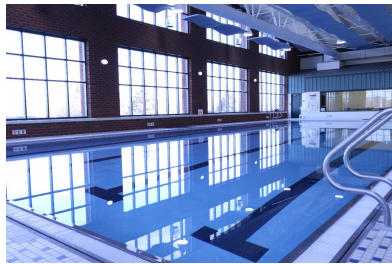
Summer Hours

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.



Summer Pool Schedule



Group Fitness Summer Schedule

Please be advised the following dates we've been unfortunately unable to secure a sub instructor classes will be **CANCELLED** for the following dates/formats:

6/7 7:00pm Land Zumba
6/8 5:00pm Cardio Combat
6/14 7:00pm Land Zumba
6/15 5:00pm Cardio Combat
6/17 9:00am Muscle Madness
6/20 5:45am Cycle
6/22 5:45am Cycle

We apologize in advance please be patient as we're doing our best to navigate with fitness instructors out ! Please THANK all of our instructors for going above and beyond to sub this crazy month of June!
TF Management

Freeze/Cancellation 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!