

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

Try it Tuesdays in July- If you have a family member or friend that would like to try out the club on Tuesdays in July they can 5th,12th, 19th, or 26th. If the individual wants to join on a Tuesday the initiation fees waived!

*Patron must be 13 years of age or older to use the facility. Any patron under 18 years of age must have an adult/guardian sign the liability waiver day of usage at TF front desk.

*Patron must follow all facility policies and regulations for club usage

Happy 4th of July-Tinley Fitness & Tony Bettenhausen Rec Center will be CLOSED for the day! Facility hours/Classes will run as normally scheduled all other days!

Join us at McCarthy Park on the 4th starting at 4pm for a day full of fun activities! See the TPPD website for full details!

www.tinleyparkdistrict.org

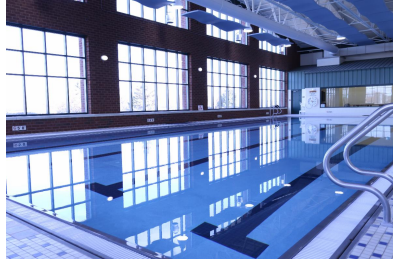
Summer Hours

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

Not sure what to try next at Tinley Fitness? How about a group fitness class we have highlighted for the month of July!

Mondays 7pm Pilates Fusion w/Vikki

Wednesdays 6pm Dynamic Yoga w/Melissa. Weather permitting will take place outdoors. Check in @ TF desk then you will be directed to class location!

Thursdays 5pm Body Tone w/Corrine

***Descriptions are on the back of the schedule when you click link**

***We will always attempt to offer a substitute format when available. If no class is offered best way to check is contacting TF front desk day of the program (708)-342-4255.**

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!