



Fitness Center



ANNUAL MEMBERSHIP INCLUDES

- Exercise Equipment Orientation (by Appointment)
- Use of all Exercise Equipment
- Use of Swimming Pool (when available)
- Use of Whirlpool Spa
- Use of Sauna
- Deluxe Locker Rooms
- Use of Gym (when available)
- Friendly, Knowledgeable Staff
- Limited Membership to Allow More Access to Equipment



COMMUNITY CENTER ALSO INCLUDES

- Indoor Cushioned Walking/Running Track
- Multi-Sport Gymnasium (when available)
- Meeting Rooms

SERVICES AVAILABLE AT AN ADDITIONAL CHARGE

- Childcare Service: Nursery available for a nominal fee per child per hour - Limit 2 hours. Parents must be in facility at time of service.
- Aerobic Classes
- Water Fitness Classes
- Senior Exercise and Water Fitness Classes
- Pro Shop Merchandise
- Health and Wellness Seminars and Classes
- Individual Personal Trainer

HOURS:

Monday thru Friday.....6:00AM to 10:00PM
 Saturday.....7:00AM to 3:00PM
 Sunday.....8:00AM to 3:00PM

HOURS ARE SUBJECT TO CHANGE.
 CALL FOR SPECIAL HOLIDAY HOURS.

Enrollment forms are available
 at the Community Center.
 501 E 170th Street.

For more information, call (708) 331-2940.

FITNESS CENTER GUEST DAYS

Free guest days are for fitness center members only and members must be present and in good standing to be eligible for a guest pass. This guest pass does not include gym privileges. Each member is allowed 1 guest pass per day per visit on designated guest days only. The free guest days are as follows:

- Wednesday, September 10, 2008
- Friday, September 19, 2008
- Saturday, October 25, 2008
- Tuesday, November 11, 2008
- Saturday, November 22, 2008
- Wednesday, December 3, 2008
- Thursday, December 18, 2008
- Sunday, December 27, 2008

South Holland Fitness Center

Sponsored by

