



## Tremont, IL Weekly News

### Tremont Fitness Center-Be Our Guest

Not sure you are ready to purchase a membership ... then BE OUR GUEST and workout for **FREE** on Saturday mornings in August from 8:30 am to 10:30 am

- *Saturdays in August (5<sup>th</sup>, 12<sup>th</sup>, 19<sup>th</sup> and 26<sup>th</sup>)*
- *Your workout must be completed by 10:30 am*
- *Waiver must be signed at each visit in order to workout*
- *Prox cards will not be given to guests*

AUGUST BACK-TO-SCHOOL FITNESS SPECIALS LISTED BELOW:

- \$10.00 - 1 Month STUDENT membership
- \$55.00 - 2 Month INDIVIDUAL membership
- *\$45.00 - 2 Month Senior (age 60 & over), Corporate rate, Tremont Firefighters/EMT/Police, Military membership*
- \$75.00 - 3 Month INDIVIDUAL membership
- *\$60.00 - 3 Month Senior (age 60 & over), Corporate rate, Tremont Firefighters/EMT/Police, Military membership*

You may add additional family member(s) - from your household - for just \$5.00 per month (does not apply to student membership)

*(Offer Expires 8/31/17)*

*Equipment Orientation available*

*Personal Training one-on-one available for a fee upon request*

Your membership includes:

Use of cardiovascular equipment which includes treadmills, Jacob's Ladder, rowing machine, endless rope, elliptical, xRide by Octane Fitness, and stationary bikes along with use of the strength training equipment, free weights and machines

Group fitness classes are **FREE** - we offer:

\* PowerFlex \*Yoga \*Tabata \*Tae Kwon Do & Hap Ki Do \*Spin

*Please check out our website for class date & time*

Locker room, shower, and towel service available

Convenient access to the fitness center from 4 am to 11 pm for members with a prox card and an active membership



## **Tremont Lions Club Paper Drive**

The Tremont Lions Club has quarterly newspaper drives and the next one is coming up in September. We want to encourage the Tremont Community to continue with their collection and savings of newspapers, magazines, cardboard, etc as you have done in the past. Please remember that the recycling bins by the water tower are no longer there and recycle bins are being distributed throughout the community including subdivisions outside the city proper that would include paper.

## **New Tremont Business**

**TURKS Grilled Subs & Fries** just opened at the stop 24 gas station. Their current hours are Wednesday 6am-8pm and Friday thru Sunday 7am-8pm.

## **Friday**

Free "Make It Take It" at Pearl Street Stamping 10 a.m. to 5 p.m.

Make a free greeting card/no RSVP required

## **Saturday**

Farmer's Market - 8AM-11AM  
City Park

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***Around Town***



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Please send us your news stories and they will be included in upcoming emails. Deadline to include information is Friday, 6:00PM for the preceding Monday.

We accept information from official Tremont, IL businesses, organizations, and advertisers. We will also post Public Auctions and Open Houses.

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Thank you,

Haas IT Solutions, Inc. on behalf of  
Tremont Winning Communities

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