

h-f racquet & fitness club

Homewood-Flossmoor Park District | 708-957-PARK | hfparks.com



2920 W. 183rd St., Homewood
708-799-1323
hfracquetandfitness.com

Tickets to Fun & Fitness:
March 16-29
Pick up your tickets in this brochure or at the Club

Whether you want to swim, workout, play tennis/racquetball/basketball, play 18 holes on the golf simulator, sit in the steam room or whirlpool, the H-F Racquet & Fitness Club is the perfect, just down the block, getaway destination for you. A full-service facility, we have something for everyone.

Take advantage of these special opportunities to visit, to swim, to workout, to golf and to play tennis at the Club.

Get a jump start on fun & fitness –

Look for the special *no enrollment fee ticket for one night only* – Saturday, March 14, 7-10 p.m. – on Annual Premier Memberships only.

March 16-29 Annual Premier Membership Special:

Take 50% OFF the enrollment fee!

Easy payment plans. Select either:

- Electronic Fund Transfer (EFT) Option of 12 low monthly payments (First monthly payment and enrollment fee is due at signing)
- Prepay for the year, saving you at least 10%.

**** Use your special no enrollment fee**

BONUS DAY TICKET to save even more:

March 14, 7-10 p.m. only.

CLUB HOURS

Mondays-Fridays 5 a.m.-10:30 p.m.
Saturdays 6 a.m.-8 p.m.
Sundays 7 a.m.-8 p.m.

Ages 13+ may use the Fitness Center; ages 18+ may use the pool.



LIST OF AMENITIES

- 12,000 s.f. full-service Fitness Center
- 10 Indoor Tennis Courts
- 4-lane Lap Pool
- Full Swing Golf Simulator
- 2 Racquetball Courts
- 1 half-court Basketball Court
- Pilates Reformers
- Personal Training
- Kids Programs: Swim Lessons & Yoga
- Private & Group Lessons
- Massage Therapy
- Child Care
- Pro Shop
- Members Lounge
- Social Events
- Locker Rooms
- Steam Rooms & Whirlpools
- Towel Service
- Free Wi-Fi

51

h-f racquet & fitness club

Homewood-Flossmoor Park District | 708-957-PARK | hfparks.com

GET READY FOR SUMMER!

Join us for one or more of these classes included with your Premier Membership

- Pilates
- Yoga
- Cardio Spin
- Firm It Up
- Turbo Kick
 - Strong
 - Step
- Spirit Qi Gong
 - PiYo
 - Yo-Cy-Yo
 - Circuit
 - Zumba
 - Aquacize
- and so much more ...

Check the website www.hfracquetandfitness.com for an up-to-date schedule and description of classes.

The Club also offers :

Personal Training sessions of 55-minute and 30-minute express sessions. Non-members may take one 1-hour, 10-package session of personal training after which membership is required.

Pilates Reformer Training for both members and non-members.

For more information on personal training and pilates reformer training contact our Personal Training Coordinator @ 708-799-1323 ext. 16

Don't forget to ask about our Youth Fitness Programs: yoga, classes in swimming, small group basketball, one-on-one baseball lessons and our new Sports Performance Training.. For more information call 708-799-1323.



TENNIS & COURT SPORTS

Are You In? Find a Court, Find a Program, Find a Player!
Special Racquet Sports Memberships are available for both adults and children. Leagues, lessons and team tennis are offered for adults and juniors. Junior group lessons now incorporate the Quickstart Tennis format recognized by the USTA & ITF, a graduated training format with three stages of play! Programs are also offered for basketball, baseball/softball, table tennis and racquetball. For a complete schedule, visit hfracquetandfitness.com. View tennis programs on page 17.

ADULT TENNIS SOCIAL SPECIAL: Mixed Doubles Fun Format Night

Saturday, March 14 • 6:30-8:30 p.m.
\$15/person (20% discount for Club members)
Everyone welcome! Look for the special discount coupon in this brochure. Sign up now! Call 708-799-1323 today.
Code: 552415-1E



FULL SWING GOLF SIMULATOR

The Full Swing Golf Simulator is the leader in the simulated golf industry. This exciting new piece of technology moved into the Club this fall. It allows you to:

- Continue playing and practicing when the weather is bad!
- Play more than 50 famous courses from around the world!
- Practice in a high-tech driving range with ball-flight analysis to help fine tune your swing!

Leagues and lessons are offered by the Coyote Run Golf Course staff at the Club during the colder months. Don't wait until it warms up to work on your swing! For more details, call the Club at 708-799-1323 or Coyote Run at 708-957-8700. Non-members welcome!

Golf Simulator Special Events for members and non-members. Everyone welcome!

• **Friday Night @ the Links:** Every Friday night until April 24, a foursome can play from 6 - 10 p.m. on one of more than 50 courses. The Friday Night package includes food and limited adult beverages. Reservations can be made up to two weeks in advance. Package cost is \$125.

- **Coyote Run Pre-Season Tourney, March 14 & 15:** Get a run on Coyote Run's annual opening day of March 17. Play the 4-person Scramble layout on the famous St. Andrews Old Course. Teams can sign up at pre-determined tee times beginning Friday evening, March 13, through Sunday, March 15. Don't be surprised by the Longest-Drive and Closest to the Pin contests within the Tournament. Be there as we crown the Tournament Champion at the tourney closing party complete with food, refreshments and limited adult beverages. Don't be left behind; get in the running! Could you be the winner of the four rounds of golf at Coyote Run or other awards.

