

**New Members –**  
Join during this week and get the Processing Fee and October Dues free!

*Fitness*

**October  
22-28**

# Member Appreciation Week!



Stop by the Service Desk everyday for a healthy snack brought to you by our sponsors: Costco and KIND bars!

sunday	<b>22</b> <b>Wear an NFL shirt for an extra raffle entry!</b> (TC & WRC)			
monday	<b>23</b> <b>Bring a Friend Free day!</b> (TC & WRC)	<b>Game Day – Stop at desk to play with us. Win a prize!</b> (WRC)		
tuesday	<b>24</b> <b>Seasons 52 at TC!</b> (Sponsor)	<b>Ask a Personal Trainer 5:30-6:30pm</b> (WRC)	<b>Free Zumba Class at 7pm</b> (WRC)	
wednesday	<b>25</b> <b>Bring a Friend Free day!</b> (TC & WRC)	<b>Game Day – Stop at desk to play with us. Win a prize!</b> (TC & WRC)	<b>Ask a Personal Trainer 2-3pm</b> (WRC)	<b>Free Pound Class at 6:30pm</b> (WRC)
thursday	<b>26</b> <b>Costco at WRC 8-10am!</b> (Sponsor)	<b>Wear a purple shirt for a prize!</b> (TC & WRC)	<p><i>Want an extra raffle entry?</i> For an extra entry, post a picture of your freebie(s) to facebook or instagram telling everyone how much you're enjoying our #MemberAppreciationWeek. Be sure to use the hashtag and tag us @heparks on facebook and/or instagram!</p>	
friday	<b>27</b> <b>Costco at TC 8-10am!</b> (Sponsor)	<b>Wear a Blackhawks shirt for an extra raffle entry!</b> (TC & WRC)	<b>Game Day – Stop at desk to play with us. Win a prize!</b> (TC & WRC)	
saturday	<b>28</b> <b>Free Total Fitness Class at 8:30am</b> (WRC)	<b>Ask a Personal Trainer 9-10pm</b> (TC)	<b>Bring a Friend Free day!</b> (TC & WRC)	<b>Game Day – Stop at desk to play with us. Win a prize!</b> (TC & WRC)



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3600 Lexington Drive, Hoffman Estates, IL 60192

**Triphahn Center 847-885-7500**  
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