

60 Days for \$60!

**Premier Membership
Special:**

March 1-7, 2010 Only

**Get on the road to health & fitness
for just \$1 per day! Enjoy the
experience of belonging to a
first-rate, full-service club
located in your area!**

**Benefit – a healthier you!
Bonus – join the Club when your
60 days are up & pay no enrollment
fee! *New members only.***



RACQUET & FITNESS CLUB

Become a fan on ! Follow us on !

**2920 W. 183RD ST., HOMEWOOD
708-799-1323 • HFRACQUETANDFITNESS.COM**



H-F Racquet & Fitness Club

\$5 OFF Boxer's Workout Fee

Taught by an experienced boxing instructor, this new class is for the serious athlete. You'll learn basic punches and boxing moves while receiving an excellent cardio workout.

Heavy bag work will be alternated with athletic-based drills. *Hand wraps & 12-oz. heavy bag gloves required.*

Feb. 26-April 2 • Fridays

Men: 6-7 p.m.; Women: 7-8 p.m.

Fee: \$45 Club members, \$60 Non-members

Register early – space is limited!

Coupon must be presented. One coupon per person.

May not be combined with any other offer.

H-F Racquet & Fitness Club

Rainy Day Special:

10% OFF Daily Rate at Full Swing Golf Simulator

Day of booking only. Valid March 17-Labor Day.

Coupon must be presented. One coupon per person. May not be combined with any other offer.

H-F Racquet & Fitness Club

\$55 1-Hour Massage

Book your appointment
today at 708-799-1323.

*One coupon per person.
May not be combined with
any other offer. Coupon must be
presented.*

Valid until April 18, 2010

H-F Racquet & Fitness Club

\$29 OFF Total Enrollment Fee

when you become a member

Valid until April 1, 2010

*Coupon must be presented.
One coupon per household. May not be
combined with any other offer.*