



# Fitness Center Membership Info

## Fitness Center Hours

### May 1 to September 30

Monday-Thursday .....5:30 a.m.-8:00 p.m.  
 Fridays .....5:30 a.m.-7:30 p.m.  
 Saturdays .....7:00 a.m.-2:00 p.m.  
 Sundays .....Closed

### October 1 - April 30

Monday-Thursday .....5:30 a.m.-9:00 p.m.  
 Fridays .....5:30 a.m.-8:00 p.m.  
 Saturdays .....7:00 a.m.-4:00 p.m.  
 Sundays .....12:00 p.m.-4:00 p.m.

## Benefits of Fitness

- Better Health
- Improved Fitness
- Better Posture & Balance
- Better Self-Esteem
- Weight Control
- Stronger Muscles & Bones
- Feeling More Energetic
- Relaxation & Reduced Stress
- Continued Independent Living Later in Life

## Privileges & Features

- Friendly, experienced, knowledgeable and professional staff
- Variety of Cardio & Free Weight equipment
- Comprehensive orientation is available prior to your first workout to ensure you are comfortable with the facility and equipment
- Babysitting services at scheduled times (additional charge)
- Admission to open gym programs
- Use of locker room and shower facilities
- Two free guest passes
- Towel service
- Sirius Satellite Radio (commercial-free music)
- Three 37" LCD TV's for those who may need the extra motivation

## General Fitness Center Information\*

- Check-in with fitness center attendant
- Swipe membership pass or pay drop-in fee (\$5) before working out
- Clothing: Wear proper footwear (closed-toed shoes) and apparel
- No smoking inside the facility
- No glass containers on the workout floor, in the bathrooms, or in the locker rooms
- Please refrain from bringing valuables to the Fitness Center
- College students who sign-up must be **full time students** (12 hours/credits) to receive student rate

\* Additional rules are posted in the Fitness Center

**Individual:** Any individual between the ages of 18 and 54.

**Additional:** Must reside at the same address as current individual member.

**Student:** Any individual between the ages of 13 and 24 with a school ID. College students must have a minimum of 12 hours/credits and must verify.

**Senior:** Any individual 55 years of age and better.

## Fitness Center Membership

	<u>Monthly*</u> <u>Resident</u>	<u>Annual</u> <u>Resident</u>	<u>Monthly*</u> <u>Non-Res.</u>	<u>Annual</u> <u>Non-Res.</u>
Individual	\$23	\$276	\$29	\$348
Additional	\$15	\$180	\$22	\$264
Student	\$13	\$156	\$16	\$192
Senior	\$11	\$132	\$14	\$168

## Group Fitness Class Membership

	<u>Monthly*</u> <u>Resident</u>	<u>Annual</u> <u>Resident</u>	<u>Monthly*</u> <u>Non-Res.</u>	<u>Annual</u> <u>Non-Res.</u>
Individual	\$25	\$300	\$31	\$372
Additional	\$15	\$180	\$22	\$264
Student	\$14	\$168	\$19	\$228
Senior	\$14	\$168	\$19	\$228

See listing of classes on page 37

## Ultimate Fitness Center Membership

This membership includes both the Fitness Center and Group Fitness Classes.

	<u>Monthly*</u> <u>Resident</u>	<u>Annual</u> <u>Resident</u>	<u>Monthly*</u> <u>Non-Res.</u>	<u>Annual</u> <u>Non-Res.</u>
Individual	\$39	\$468	\$50	\$600
Additional	\$10	\$120	\$19	\$228
Student	\$25	\$300	\$33	\$396
Senior	\$25	\$300	\$33	\$396

\*All monthly memberships are required to pay an administration fee when signing up: \$25 administration per household. Monthly fees will be withdrawn from checking or debit or credit card account. You must inform the Park District in writing if you are no longer going to continue your membership.

For member's convenience, beginning in January 2009, all monthly payments will be automatically withdrawn. Please complete the proper forms at the front desk.

## Corporate Membership Rates

Let your employees know you care – promote wellness and fitness. Help them attain their personal fitness goals by informing them of the corporate membership program. Must have five employees or more join at the same time. A \$25 administration fee will be assessed to the company. The rate per person is \$228 annually or \$19 per month. Please contact Alyce at 847-669-3180 x321.

## Kids Club Babysitting Membership\*\*

	<u>Monthly*</u> <u>Resident</u>	<u>Annual</u> <u>Resident</u>	<u>Monthly*</u> <u>Non-Res.</u>	<u>Annual</u> <u>Non-Res.</u>
First Child	\$12	\$120	\$16	\$168
Ea. Add'l Child	\$5	\$60	\$6	\$72

\*\*Must purchase a Fitness Center, Group Fitness Class, Ultimate Fitness or Corporate Membership. Cost is for unlimited visits. Children must be between the ages of 3 months and 11 years old. Reservations for 3-16 months must be made 24 hours in advance by calling 847-669-3180 x391. A 2-hour limit is allowed and parent/guardian must be in the REC Center. Additional information is available in the Kids Club Room. Hours: Monday-Friday, 8:30 to 11:30 a.m. Please note hours are subject to change due to use.