

Krueger Park Recreation Center • 9100 S. 88th Avenue
Resident Rate (Hickory Hills, Palos Hills or Burbank)

<u>Annual Membership</u>	<u>Resident</u>	<u>Non-Res.</u>	<u>Program #</u>
Individual (16-61 years)	\$175.00	\$240.00	641694-01
Husband/Wife or Couple with a formalized commitment agreement in same household	\$255.00	\$360.00	641694-01
*Additional Family Member (14 - 24 years)	\$80.00	\$120.00	641694-01
Seniors (62 and over)	\$100.00	\$145.00	651693-01
Senior Husband/Wife	\$165.00	\$210.00	651693-01



<u>Walking Track Only Membership</u>	<u>Resident</u>	<u>Non-Res.</u>	<u>Program #</u>
Individual (16 - 61 years)	\$60.00	\$85.00	641655-01
Senior (62 and over)	\$40.00	\$85.00	651656-01

<u>Daily Walking Track Pass</u>	<u>Resident</u>	<u>Non-Res.</u>
Individual (16 - 61 years)	\$2.00	\$3.00
Senior (62 and over)	\$1.00	\$3.00

<u>Fitness Track Holiday Hours</u>	
December 24	9:00 a.m. - 12 Noon
December 25	Closed
December 31	9:00 a.m. - 12 Noon
January 1	9:00 a.m. - 12 Noon
April 6	6:00 a.m. - 6:00 p.m.
April 8	Closed
May 28	9:00 a.m. - 12 Noon

Winter & Spring Fitness/Track Hours (December 1, 2011 - May 28, 2012)

Monday - Friday - 6:00 a.m. - 10:00 p.m.
Saturday & Sunday - 7:00 a.m. - 2:00 p.m.

MEMBERSHIP CATEGORIES INCLUDE:

Fitness Center Memberships - Includes fitness center, locker rooms, & walking track access.

Walking Track Memberships - Allows member access to walking track & locker rooms only.

Individual Members are defined as adults 16 and over.

*Additional family members are defined as children (14-24 years) residing in the same household.

If you have any special medical concerns (including pregnancy),
consult your physician before using the walking track and/or fitness center equipment.

Fruity Fridays

The first Friday of every month we will celebrate Fitness and Health by providing a large basket of fruit to our fitness members. This is a special way of saying "Thank You" to our fitness members. So after your workout, grab a banana, orange, apple, etc. before you leave and enjoy the rest of your "Healthy Day".

Date:	December 2	605680-01	January 6	605680-02
	February 3	605680-03	March 2	605680-04
	April 6	605680-05	May 4	605680-06

NOTE: Fruit basket will be available while supplies last starting at 6:00 a.m.

<u>Locker Rental Fees for Krueger Park's Locker Room:</u>		
Resident - 1 year:	\$36 Women's	601600-01
	\$36 Men's	601600-02
Non-Res. - 1 year:	\$48 Women's	601600-01
	\$48 Men's	601600-02

Lockers must be kept clean at all times.
For more information call 598-1233.

Fitness Center – Guest Pass **601601-01**

If you would like to see how the Fitness Center at Krueger Park Rec. Center can benefit you, but are not ready to buy an annual pass, you can purchase a daily guest pass. Guest passes are valid on the date of purchase only.

Daily Fitness Guest Pass

<u>Resident</u>	<u>Non-Resident</u>
\$6	\$8

Personal Training

The trainer will contact you to step up a meeting time and program to fit your needs. You may choose one session or up to any number of sessions with your trainer. Training will take place at the Krueger Park Fitness Center, once you have signed up as a member. Please bring your receipt to your first training session. Training sessions are non-transferable. **NOTE: Your money will not be refunded if you cancel with less than 24 hours notice of your appointment.**

The fee for (1) one hour session is
\$30 Resident; \$35 Non-Resident **601610-01**

The fee for (1) 30 minute session is
\$17 Resident; \$22 Non-Resident **601610-02**



ADULT EXERCISE CLASSES AT THE PARK SEE PAGE 15-17
FOR MORE INFORMATION
~ TOTAL WORKOUT ~ ZUMBA ~ BELLY DANCING ~ HATHA
YOGA ~ PILATES ~