

# FITNESS CENTER

Resident rate is for Hickory Hills, Palos Hills, & Burbank Residents.

<u>Fitness Center Membership</u>	<u>Resident</u>	<u>Non-Res.</u>	<u>Program #</u>
Annual Individual Rate (16 - 61 years)	\$195.00	\$260.00	841894-01
Married/Spouse or couple with formalized commitment agreement in the same household	\$285.00	\$385.00	841894-01
Add An Additional Family Member	\$90.00	\$125.00	841894-01
Annual Senior Rate (62 years and over)	\$115.00	\$155.00	851893-01
Annual Senior Married/Spouse Rate	\$180.00	\$220.00	851893-01
6-Month Membership (consecutive months)	\$130.00	\$165.00	841894-02
6-Month Membership (consecutive, Married/Spouse)	\$200.00	\$270.00	841894-02
Additional Family Member 6-Month Membership (consecutive months)	\$70.00	\$105.00	841894-02
Winter Break College Students (December 5 <sup>th</sup> - January 8 <sup>th</sup> )	\$35.00	\$40.00	841894-06
Hydro Massage Wellness - 3-Months Unlimited (Member) (limit one use per day)	\$25.00	\$25.00	841802-01
Hydro Massage Wellness - 3-Months Unlimited (Non-Member)(limit one use per day)	\$35.00	\$35.00	841802-01
Guest Pass- Valid on date of purchase only	\$6.00	\$8.00	841894-03
Daily Punch Card (6 Punches)	\$36.00	\$48.00	841894-04

<u>Walking Track Membership</u>	<u>Resident</u>	<u>Non-Res.</u>	<u>Program #</u>
Individual (16 - 61 years)	\$65.00	\$90.00	841855-01
Senior (62 years & over)	\$50.00	\$90.00	851856-01
Daily Pass Individual	\$2.00	\$3.00	841856-01

**Memberships, unless otherwise stated, are good for one year from date of registration.**

### Fall Fitness Center / Walking Track Hours (September 6 - December 1)

Monday - Friday - 5:30 a.m. - 9:00 p.m.  
 Saturday - 7:00 a.m. - 4:00 p.m.  
 Sunday - 8:00 a.m. - 3:00 p.m.

### Fitness Center Holiday Hours

September 5 8:00 a.m. - 12:00 p.m.  
 November 24 8:00 a.m.- 12:00 p.m.  
 November 25 5:30 a.m. - 6:00 p.m.

### Family Member Rate Policy:

An immediate family member is defined as a married/spouse, and/or child(ren) living in the same household, that is 24 years old or younger (14 - 24 years).

### MEMBERSHIP CATEGORIES INCLUDE:

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

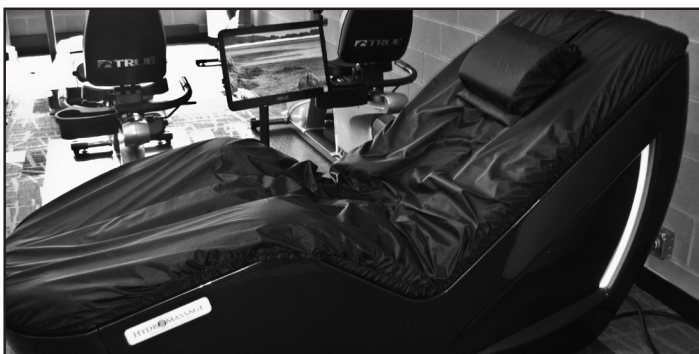
**Walking Track Memberships** - Allows member access to walking track & locker rooms only.

**Individual Members** are defined as adults 16 and over.

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

All family memberships will expire on the same day.

**If you have any medical concerns (including pregnancy), consult your physician before using the walking track and/or fitness center equipment. No refunds/credits will be made on any memberships or daily passes. No refunds for any medical reasons.**



### **Sore Muscles? Stress? Hydro Massage!**

Relax and refresh with a warm water massage!

Membership	Unlimited 3-month	Single use
	15 mins (once per day)	15 mins (each use)
Fitness Members	\$25	\$4
Non-Members	\$35	\$5

### Benefits of Hydro Massage:

- \*Relieve Arthritis
- \*Increase flexibility
- \*Relieve muscle soreness
- \*Speed up recovery
- \*Decrease general pain
- \*Increase circulation

**Note:** You don't have to get undressed. You can enjoy your massage fully clothed and comfortable.

**To replace a lost or stolen fitness center card, the fee is \$7 per card.**

### Locker Rental Fees:

Resident: 6-Months	\$15	Men's	841800-01
		Women's	841800-02
Non-Resident: 6-Months	\$20	Men's	841800-01
		Women's	841800-02