

Fitness Center

ANNUAL MEMBERSHIP INCLUDES

- Exercise Equipment Orientation (by Appointment)
- Use of all Exercise Equipment
- Use of Swimming Pool (when available)
- Use of Whirlpool Spa
- Use of Sauna
- Deluxe Locker Rooms
- Use of Gym (when available)
- Friendly, Knowledgeable Staff
- Limited Membership to Allow More Access to Equipment



COMMUNITY CENTER ALSO INCLUDES

- Indoor Cushioned Walking/Running Track
- Multi-Sport Gymnasium (when available)
- Meeting Rooms

SERVICES AVAILABLE AT AN ADDITIONAL CHARGE

- Aerobic Classes
- Water Fitness Classes
- Senior Exercise and Water Fitness Classes
- Pro Shop Merchandise
- Health and Wellness Seminars and Classes
- Individual Personal Trainer

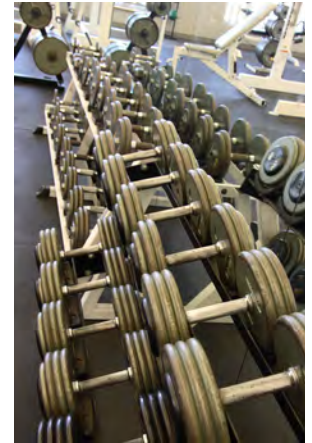
HOURS:

Monday thru Friday.....6:00AM to 10:00PM
 Saturday.....7:00AM to 3:00PM
 Sunday.....8:00AM to 3:00PM

HOURS ARE SUBJECT TO CHANGE.
 CALL FOR SPECIAL HOLIDAY HOURS.

Enrollment forms are available
 at the Community Center.
 501 E. 170th Street.

For more information, call (708) 331-2940.



FITNESS CENTER GUEST DAYS

Free guest days are for Fitness Center members only and members must be present and in good standing to be eligible for a guest pass. This guest pass does not include gym privileges. Each member is allowed 1 guest pass per day per visit on designated guest days only. The free guest days are as follows:

Wednesday, September 15, 2010

Friday, September 24, 2010

Tuesday, October 12, 2010

Wednesday, October 27, 2010

Wednesday, November 10, 2010

Friday, November 26, 2010

Thursday, December 9, 2010

Friday, December 31, 2010





Fitness Center

South Holland Fitness Center

Sponsored by



MEMBERSHIP PRICE LIST

INITIAL ENROLLMENT FEE - \$50 per person

The nonrefundable fee is based on continuous regular membership. If you cancel and decide to rejoin at a later date, you will be subject to another enrollment fee upon rejoining.

NOTE: ANNUAL FEES PAID IN ADVANCE REFLECT YEARLY SAVINGS

12 MONTH CONTRACT FEES

RESIDENT	Monthly	Annual
INDIVIDUAL.....	\$30/month	\$335
SENIOR CITIZEN (over 60)	\$20/month	\$225
FAMILY PACKAGE:		
First Member.....	\$25/month	\$280
Additional Adult.....	\$20/month*	\$225*
Additional Child.....	\$15/month*	\$175*
30-Day Trial.....		\$40*

Resident rate is limited to South Holland residents, business owners, and/or individuals employed in South Holland. Proof of residency or employment is required. Each contract signed will be for a minimum of one year.

NON-RESIDENT	Monthly	Annual
INDIVIDUAL.....	\$35/month	\$395
SENIOR CITIZEN (over 60)	\$25/month	\$285
FAMILY PACKAGE:		
First Member.....	\$30/month	\$340
Additional Adult.....	\$25/month*	\$285*
Additional Child.....	\$20/month*	\$235*
30-Day Trial.....		\$50*

*Applies to spouse or unmarried children (16 to 24 years old) residing at the same address. Enrollments must be completed at the same time. Must be 18 years or older for 30-Day Trial.

SPECIAL CORPORATE RATES

Number of Employees	MEMBER FEE	
	Monthly	Annual
10 or More.....	\$25/month	\$280
25 or More.....	\$20/month	\$225
50 or More.....	\$15/month	\$175

- Non-resident corporate family members are NOW eligible for resident family rates.
- Call and the corporate rate representative will explain the program

FOR YOUR CONVENIENCE, ANNUAL MEMBERSHIP MAY BE PAID BY CASH, VISA, OR MASTERCARD. MONTHLY PAYMENTS MAY ONLY BE MADE BY CREDIT CARD OR DIRECT DEBIT FROM YOUR CHECKING ACCOUNT.

THE SOUTH HOLLAND PARKS AND RECREATION DEPARTMENT RESERVES THE RIGHT TO TERMINATE THE MEMBERSHIP OF ANY FITNESS CENTER MEMBER WHO DEMONSTRATES IMPROPER OR POTENTIALLY HARMFUL BEHAVIOR AND NO REFUND WILL BE GIVEN.

GOLD PACKAGE MEMBERSHIP

GOLD PACKAGE MEMBERSHIP INCLUDES

- 10% Discount Fitness Class Rates
- Three Guest Passes per month plus one with each additional member, includes access to the gym
- Gold Package T-shirt

Guest Pass Information:

- Guest must be 18 years or older
- These pass privileges are non-transferable and non-refundable
- Guest must be accompanied by member at time of usage

GOLD PACKAGE PRICING

RESIDENT	Monthly	Annual
INDIVIDUAL.....	\$55/month	\$625
SENIOR CITIZEN (over 60)	\$45/month	\$515
FAMILY PACKAGE:		
First Member.....	\$50/month	\$570
Additional Adult.....	\$45/month*	\$515*
Additional Child.....	\$40/month*	\$465*

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NON-RESIDENT	Monthly	Annual
INDIVIDUAL.....	\$60/month	\$685
SENIOR CITIZEN (over 60)	\$50/month	\$575
FAMILY PACKAGE:		
First Member.....	\$55/month	\$630
Additional Adult.....	\$50/month*	\$575*
Additional Child.....	\$45/month*	\$505*

*Applies to spouse or unmarried children (16 to 24 years old) residing at the same address. Enrollments must be completed at the same time.

SPECIAL CORPORATE RATES

Number of Employees	MEMBER FEE	
	Monthly	Annual
10 or More.....	\$50/month	\$600
25 or More.....	\$45/month	\$540
50 or More.....	\$40/month	\$480

NOW THERE IS A CHOICE!