

FITNESS CENTER

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

Annual Membership	Resident	Non-Res.	Program #
Individual (16 - 61 years)	\$195.00	\$260.00	841894-01
Husband/Wife or couple with formalized commitment agreement in the same household	\$285.00	\$385.00	841894-01
*Additional Family Member	\$90.00	\$125.00	841894-01
Senior (62 years and over)	\$115.00	\$155.00	851893-01
Senior Husband/Wife	\$180.00	\$220.00	851893-01
6 Month Membership (Consecutive Months)	\$130.00	\$165.00	841894-02
6 Month Membership (consecutive, husband & wife)	\$200.00	\$270.00	841894-02
6 Month Membership *Additional Family Member	\$70.00	\$105.00	841894-02
Winter Break College Students (December & January)	\$40.00	\$45.00	841894-05
Hydro Massage Wellness - 3 Months Unlimited (Fitness Member)**	\$25.00	\$25.00	841802-01
Hydro Massage Wellness - 3 Months Unlimited (Non-Fitness Member)**	\$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
Walking Track Membership	Resident	Non-Res.	Program #
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 after date of registration.			
Winter Fitness Center / Walking Track Hours (December 1 - May 28)			
Monday - Friday - 5:30 a.m. - 10:00 p.m.			
Saturday - 7:00 a.m. - 4:00 p.m.			
Sunday - 8:00 a.m. - 3:00 p.m.			
Family Member Rate Policy:			
An immediate family member is defined as a husband, wife, 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.			
If you have any special medical concerns (including pregnancy), consult your physician before using the walking track and/or fitness center equipment. Absolutely no refunds/credits will be made on any memberships or daily passes			

Fitness Center Holiday Hours	
December 24	8:00 a.m. - 12 Noon
December 25	Closed
December 31	8:00 a.m. - 12 Noon
January 1	8:00 a.m. - 12 Noon
March 30	5:30 a.m. - 6:00 p.m.
April 1	Closed
May 28	8:00 a.m. - 12 Noon

Personal Training **841891-01**

Our personal trainer, Kristin Hass, will contact you to set 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 fitness member. Please bring your receipt to your first training session. Training sessions are non-transferable and expire 90 days after sign-up. **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 \$34. A session can be divided up into two 30-minute sessions.

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

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

Sore Muscles? Stress?

Relax and refresh with a warm water massage!

Membership	Unlimited 3-month	Single use
	15 minutes (once per day)	15 Minutes (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.