

FITNESS CENTER

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

<u>Annual Membership</u>	<u>Resident</u>	<u>Non-Res.</u>	<u>Program #</u>
Individual (16 - 61 years)	\$195.00	\$260.00	741794-01
Husband/Wife or couple with formalized commitment agreement in the same household	\$285.00	\$385.00	741794-01
*Additional Family Member	\$90.00	\$125.00	741794-01
Senior (62 years and over)	\$115.00	\$155.00	751793-01
Senior Husband/Wife	\$180.00	\$220.00	751793-01
6 Month Membership (Consecutive Months)	\$130.00	\$165.00	741794-02
6 Month Membership (consecutive, husband & wife)	\$200.00	\$270.00	741794-02
6 Month Membership *Additional Family Member	\$70.00	\$105.00	741794-02
Hydro Massage Wellness - 3 Months Unlimited (Fitness Member)**	\$25.00	\$25.00	741702-01
Hydro Massage Wellness - 3 Months Unlimited (Non-Fitness Member)** **Limit one use per day	\$35.00	\$35.00	741702-01
Guest Pass (Valid on date of purchase only)	\$6.00	\$8.00	741794-03
Daily Punch Card (6 Punches) *No Refunds or Credits on Punch Cards	\$36.00	\$48.00	741794-04

<u>Walking Track Membership</u>	<u>Resident</u>	<u>Non-Res.</u>	<u>Program #</u>
Individual (16 - 61 years)	\$65.00	\$90.00	741755-01
Senior (62 years & over)	\$50.00	\$90.00	751756-01
Daily Pass Individual	\$2.00	\$3.00	

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

Fitness Center Holiday Hours

September 4 8:00 a.m. - 12 Noon
 November 23 8:00 a.m. - 12 Noon
 November 24 5:30 a.m. - 6:00 p.m.

Summer Fitness Center / Walking Track Hours (September 4 - December 22)
 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.

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

Personal Training 701710-02

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	701700-01
		Women's	701700-02
Non-Resident: 6 Months	\$20	Men's	701700-01
		Women's	701700-02

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 Center 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 need to get undressed. You can enjoy your massage fully clothed and comfortable.