

FITNESS CENTER

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Resident rate is for Hickory Hills and Palos Hills Residents.

Fitness Center Membership

	Resident	Non-Res.	Program #
Annual Individual Rate (16 - 61 years)	\$195.00	\$260.00	641694-01
Married/Spouse or couple with formalized commitment agreement in the same household	\$285.00	\$385.00	641694-01
Add An Additional Family Member	\$90.00	\$125.00	641694-01
Annual Senior Rate (62 years and over)	\$115.00	\$155.00	651693-01
Annual Senior Married/Spouse Rate	\$180.00	\$220.00	651693-01
6-Month Membership (consecutive months)	\$130.00	\$165.00	641694-02
6-Month Membership (consecutive, Married/Spouse)	\$200.00	\$270.00	641694-02
Additional Family Member 6-Month Membership (consecutive months)	\$70.00	\$105.00	641694-02
Winter Break College Students (Dec.2 nd - Jan 5 th)	\$40.00	\$45.00	641694-06
Hydro Massage Wellness - 3-Months Unlimited (Member) (limit one use per day)	\$25.00	\$25.00	641602-01
Hydro Massage Wellness - 3-Months Unlimited (Non-Member)(limit one use per day)	\$35.00	\$35.00	641602-01
Guest Pass- Valid on date of purchase only	\$6.00	\$8.00	641694-03
Daily Punch Card (6 Punches)	\$36.00	\$48.00	641694-04

Walking Track Membership

	Resident	Non-Res.	Program #
Individual (16 - 61 years)	\$65.00	\$90.00	641655-01
Senior (62 years & over)	\$50.00	\$90.00	651656-01
Daily Pass Individual	\$2.00	\$3.00	641656-01

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

Fall Fitness Center / Walking Track Hours (September 3 - 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

Sept. 2 8:00 a.m.- 12:00 p.m.
 Nov. 28 8:00 a.m.- 12:00 p.m.
 Nov. 29 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	641600-01
		Women's	641600-02
Non-Resident: 6-Months	\$20	Men's	641600-01
		Women's	641600-02