

# FITNESS CENTER

# 15

**Resident rate is for Hickory Hills & Palos Hills Residents.**

## Fitness Center Membership

	<u>Resident</u>	<u>Non-Res.</u>	<u>Program #</u>
Annual Individual Rate (16 - 61 years)	\$195.00	\$260.00	741794-01
Married/Spouse or couple with formalized commitment agreement in the same household	\$285.00	\$385.00	741794-01
Add An Additional Family Member	\$90.00	\$125.00	741794-01
Annual Senior Rate (62 years and over)	\$115.00	\$155.00	751793-01
Annual Senior Married/Spouse Rate	\$180.00	\$220.00	751793-01
6-Month Membership (consecutive months)	\$130.00	\$165.00	741794-02
6-Month Membership (consecutive, Married/Spouse)	\$200.00	\$270.00	741794-02
Additional Family Member 6-Month Membership (consecutive months)	\$70.00	\$105.00	741794-02
Winter Break College Students (December 2 <sup>nd</sup> - January 5 <sup>th</sup> )	\$35.00	\$40.00	741794-06
Hydro Massage Wellness - 3-Months Unlimited (Member) (limit one use per day)	\$25.00	\$25.00	741702-01
Hydro Massage Wellness - 3-Months Unlimited (Non-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)	\$36.00	\$48.00	741794-04

## Walking Track Membership

	<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	741756-01

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

## Fitness Center Holiday Hours

December 24	8:00 a.m. - 12:00 p.m.
December 25	Closed
December 31	8:00 a.m.- 12:00 p.m.
January 1	8:00 a.m.- 12:00 p.m.
April 18	5:30 a.m.- 6:00 p.m.
April 20	Closed
May 26	8:00 a.m.- 12:00 p.m.

## Fall Fitness Center / Walking Track Hours (December 1 - May 25)

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.

## 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.

## Locker Rental Fees:

Resident: 6-Months	\$15	Men's	741700-01
		Women's	741700-02
Non-Resident: 6-Months	\$20	Men's	741700-01
		Women's	741700-02

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