

# FITNESS CENTER

# 30

## N LASALLE

Cardio room boasts a complete line of brand new LifeFitness equipment, including: Treadmills, Ellipticals, Upright and Recumbent Bikes all with individual 17 inch monitors. A complete line of Selectorized Strength and Free Weight equipment, User defined cable motion machines, dumbbells, smith machine, etc. Executive Locker Rooms include towel service, free daily-use and rental lockers with all toiletries provided.

## MEMBERSHIP RATES

Membership Type	Monthly Dues	Initiation Fees
Annual	\$45	\$50
Month-Month/No Contract	\$45	\$100

Monthly memberships are paid through monthly EFT deductions via credit card or checking account. A 12-month commitment is required for all Annual Memberships. All enrollees are required to sign a Membership Agreement and Policy Acknowledgement prior to receiving Membership privileges.

## CLUB HOURS

Monday-Friday  
5:30 AM - 8:00 PM  
Keycard access ends at 8 PM

Staffed	
Mon	10:00 AM - 7:00 PM
Tues	6:30 AM - 3:30 PM
Wed	6:30 AM - 3:30 PM
Thurs	10:00 AM - 7:00 PM
Fri	6:30 AM - 3:30 PM

## SERVICES & FEES

Key Card Activation fee	\$10
Daily Guest fee	\$10

## LOCKER & LAUNDRY

Rental lockers	\$10 per month
Locker & daily laundry service	\$15 per month

## PERSONAL TRAINING

### One-on-One

30 Min. Sessions		45 Min. Sessions	
1 session	\$38	1 session	\$46
5 sessions	\$160	5 sessions	\$200
10 sessions	\$305	10 sessions	\$370
20 sessions	\$570	20 sessions	\$690

### Group Training Sessions

*Minimum of 3 participants/session and maximum of 5.*

1 session/week	\$50/month
2 sessions/week	\$90/month
3 sessions/week	\$125/month

## EXECUTIVE TRAINING UPGRADE - \$200 (as low as \$16.67/session)

*\*Up to 12 half hour sessions/month*

*All services must be paid in full and in advance via cash, check or credit card. All fees subject to change.*

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