

Our mission is to *ENHANCE* the wellness of our *COMMUNITY* by providing the means to get better, stay better, and live better.



### HOURS OF OPERATION

The facility will be open daily, except major holidays, as follows:

Mon-Thurs	Fri
5:30AM—9:00PM	5:30AM—8:00PM
Sat	Sun
7:00AM—3:00PM	7:00AM—1:00PM

Village Fitness was developed by *licensed* physical therapists and *certified* fitness professionals to make wellness more **ACCESSIBLE** and personal. We are **COMMITTED** to helping the ordinary individual achieve

*EXTRAORDINARY results.*

### DISCOUNT PROGRAMS

The following groups are eligible for 10% off regular fitness membership rates only (may not be combined with other offers or promotions, family or executive plans):

- Full-time grade/high school or college students with ID
- Senior citizens (over 65)
- Volunteer firefighters/police, EMT
- School teachers of athletic training partners

### NEW MEMBER PACKAGE

NOW only \$39

Because we care that our members exercise in as safe and effective manner as possible, we require a new-member orientation. The package includes:

- Facility tour and orientation
- Health history and screening & exercise program development based on the individual fitness goals
- 3 personal training sessions to implement and adjust the program

*This requirement may be waived for persons with at least 1 year of exercise/weight training experience, or for patients of LeRoy Physical Therapy transitioning to an independent fitness program.*

### INDIVIDUAL MEMBERSHIP OPTIONS

Membership	PRICE	NEW MEMBER PKG.	GROUP FITNESS UNLIMITED	FREE T-SHIRT	MEMBERSHIP FREEZE
Exec. EFT <sup>1,2</sup>	\$69/mo	Included	12-Months <b>FREE</b>	✓	✓
Standard EFT <sup>2</sup>	\$37.95/mo	Included	12-Months <b>FREE</b>	✓	✓
12-month	\$449	Included	12-Months <b>FREE</b>	✓	✓
3-month	\$129	\$39			
Month 2 Month EFT <sup>3</sup>	\$42.95/mo	Included	1-Month <b>FREE</b>	✓	✓
1-month	\$47.95	\$39			

*\*Additional restrictions and eligibility criteria may apply for membership. Please consult our staff for details*

<sup>1</sup> Monthly savings of over \$100 for included services. Save even more when paid-in-full, only \$799

<sup>2</sup> Requires minimum 12-month commitment; membership remains active until cancelled. Early termination fee of \$100 OR transfer without fee.

<sup>3</sup> No term length commitment; membership remains active until cancelled. A \$39 fee for the New Member Package applies if cancelled within 3 months.

### MEMBERSHIP PLANS AND FEES

Regular fitness memberships include unlimited access to the fitness center facilities. Group fitness exercises classes (watch for our schedule), and pool use are included for no additional charge in all 12-month programs.

Memberships also include access to staff for questions and consultation, however personal training services must be purchased separately.

### EXECUTIVE MEMBERSHIP—NEW!!

For the working professional who prefers the ultimate wellness experience! Extra perks include two one-on-one personal training sessions and a half-hour massage per month, unlimited group exercise classes and pool usage, and your own personal locker. A great value that will make you look and feel your best!

### FAMILY PLANS\*

1 Parent = \$59/month  
2 Parents = \$79/month

Includes all children thru college age.

\*SEE INSERT FOR MORE DETAILS

### JUNIOR MEMBERSHIP

Available to kids ages 10-15. upon completion of Teen Basic Training Course.

1 month = \$30  
3 month = \$79  
1 Month EFT = \$25



## CHILDREN'S PROGRAMS

- ☐ Soccer
- ☐ Basketball
- ☐ Cheerleading
- ☐ Tumbling
- ☐ Volleyball
- ☐ Birthday Parties
- ☐ Kids Swim
- ☐ Supervised Open Gym

Visit  
[www.villagefit.com](http://www.villagefit.com)  
for more info!

## FREQUENTLY ASKED QUESTIONS

### HOW DO I SIGN UP?

Come in to tour the facility, review your membership options, and fill out a few very brief information sheets. At that time, we will schedule the first orientation meeting with your personal trainer. **Now join ONLINE!**

### ARE THERE ANY AGE RESTRICTIONS?

Fitness center and exercise equipment use is restricted to those 10 years and older. Members age 10-15 are required to take our Teen Basic Training Course before using fitness center un-supervised. Members of ALL ages are welcome to use our gymnasium, pool and participate in programs (parental supervision may be required).

### I HAVE LITTLE TO NO EXERCISE EXPERIENCE, WHAT ASSISTANCE IS AVAILABLE TO ME?

Village Fitness staff consists of exercise physiologists with advanced degrees and nationally accredited certified personal trainers. When you join, you will meet with our trainers to develop a safe and effective program specifically tailored to your needs. Our staff is on hand throughout the day to ensure our members are exercising safely and to answer any questions you may have.

### MAY I FREEZE MY MEMBERSHIP\*?

Members purchasing a 12-month or EFT membership may freeze their memberships during periods of prolonged absence. A nominal monthly maintenance fee applies. New York State law provides for additional rights for membership suspension or termination.

*\*Consult a staff member for additional information.*

## AVAILABLE SERVICES

**Best Equipment/Best Trainers:** No other local facility features nationally certified fitness professionals ready to assist you in achieving your goals! Equipment includes treadmills, elliptical trainers, exercise bikes, selectorized weight circuit, and free weights.

**Group Exercise Program:** Cardiovascular, Yoga, Pilates, water and aerobic classes. Many other group program offerings.

**Physical Therapy:** LeRoy PT's knowledgeable and friendly staff, specializing in rehabilitation of orthopedic, sports, and work injuries, we feature the only aquatic therapy program in the region.

**Athletic Training:** We're the official providers of athletic training services to local school districts including Le Roy, Byron Bergen, Pavilion & Batavia.

**Personal Training:** Village Fitness' certified athletic trainers and personal trainers are available to guide your wellness journey.

**Massage Therapy:** featuring Katie Rhoads, LMT.

**Wellness products:** Check out our selection of sports-wear, braces, crutches and ambulation aids, topical analgesics, exercise equipment, and many other wellness and rehabilitation products at affordable prices.

**Gym/Pool:** Check out our wide variety of youth & fitness programming in our gymnasium. Pool use is included in all 12-month fitness memberships.

SATISFACTION  
SATISFACTION  
**SATISFACTION GUARANTEED!**  
SATISFACTION GUARANTEED!

*All Village Fitness memberships come with a 10-day 100% money back guarantee AND are fully transferable to another person without a fee.*

### Village Fitness at LeRoy Physical Therapy

3 West Avenue  
LeRoy, NY 14482  
Phone: 585-768-4550  
Fax: 585-768-2335

[www.villagefit.com](http://www.villagefit.com)

LeRoy Physical Therapy



VILLAGE FITNESS

GETTING BETTER - STAYING BETTER - LIVING BETTER



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