

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):

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

## WELCOME TO VILLAGE FITNESS!

Village Fitness offers a full range of memberships to meet your needs. Join for Fitness, Group exercise, the pool or other programs and class offerings.

	Individual prepaid	Individual EFT	Couples & Any 2 people joining together	Family 1-parent / 2-parent
Annual (12 months)	\$399 FREE message w/purchase!*	\$37.95/mo. W/EFT*	\$749 2 FREE massages w/purchase!*	\$699 / \$899 FREE gift w/purchase!*
Semi-Annual (6 months)	\$249 (renews @ \$199)	n/a	\$429 (renews @ \$379)	\$355 / \$455
Quarterly (3 months)	\$149 (renews @ \$99)	n/a	\$279 (renews @ \$199)	\$179 / \$239
Monthly	n/a	\$42.95 W/EFT	\$65 W/EFT	\$59 / \$79 W/EFT

\* \$100 Early Termination Fee if Cancelled before 12 mos. All EFT memberships remain active until cancelled. \*\* 30-minute massage; 1 free massage per parent with family membership.

## NEW MEMBER PACKAGE

Because we care that our members exercise in as safe and effective manner as possible, we include a new-member orientation with all Village Fitness memberships. The package includes:

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

Ask about our Basic Training Safety Course offered specifically for ages 10-15

## MEMBERSHIP PLANS AND FEES

Regular fitness memberships include unlimited access to the fitness center facilities. Selected group exercise classes (watch for our schedule) and pool use are included for no additional charge. Memberships also include access to staff for questions and consultation, however personal training services must be purchased separately.

## EXECUTIVE MEMBERSHIP UPGRADE -- 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!

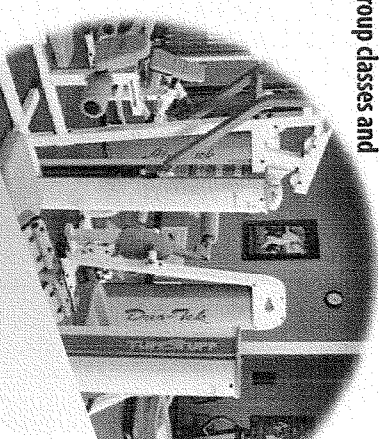
Add to any membership for only \$20/ month per person

## FAMILY PLANS

For 1 or 2 parent families  
Includes all children through college age and discounted birthday parties and children's program (see insert for details).



**FREE for eligible members!**  
Designed for seniors, you will embark on a wonderful journey of health improvement through physical activity. This program provides full access to our silver sneakers group classes and fitness center.



GETTING BETTER · STAYING BETTER · LIVING BETTER



