

# STEP UP!

## WORK OUT UPSTAIRS

### ▶ Our 4,500+ square foot facility packs in a whole lot of fitness!

- Full spectrum of cardiovascular, strength, fitness and flexibility equipment (some with individual 15" cardio theater TVs)
- Three-lane running/walking track (12 laps=1 mile)
- Functional training studio
- Free weight area
- Studio exclusively for spin
- Mind/body yoga studio
- Group fitness studio with spring-suspension wood flooring.

Add the support of our **certified, professional staff** and you have found the perfect place to achieve optimum fitness.

### We're Right Around the Corner

- ▶ Located at 3000 Glenview Road, on the 2nd floor of Wilmette Park District's Community Recreation Center, we're nearby, and we have ample parking!

### We Care About You

- ▶ Join with us for a year and you will have the option to meet with our staff for an assisted workout session and orientation to our equipment. Plus, we offer full-service locker room amenities with complimentary towel service.



CARDIO



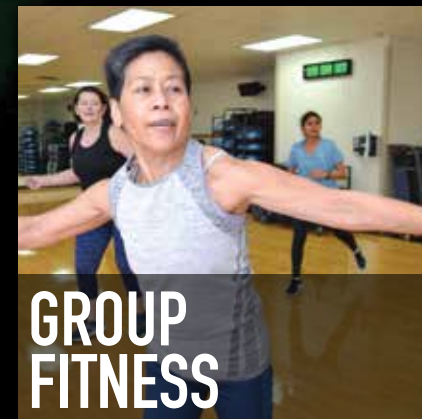
STRENGTH TRAINING

- ▶ Group Fitness Studio
- ▶ Spin Studio
- ▶ Mind & Body Studio
- ▶ Indoor Track
- ▶ Personal Training
- ▶ Cardio Equipment
- ▶ Strength Equipment
- ▶ Complimentary Equipment Orientation

**Hours:**

- ▶ M-Th: 5 am-10 pm
- ▶ F: 5 am-8 pm
- ▶ Sa: 6:30 am-6 pm
- ▶ Su: 7 am-5 pm

*\*Doors are locked 15 minutes prior to closing.*



GROUP FITNESS



PERSONAL TRAINING

**Center Fitness Club**

2nd Floor  
Community Recreation Center  
3000 Glenview Rd.  
Wilmette, IL 60091  
847/920-3900



# 2020

## MEMBERSHIP FEES

**WILMETTE PARK DISTRICT**

**CENTER FITNESS CLUB**

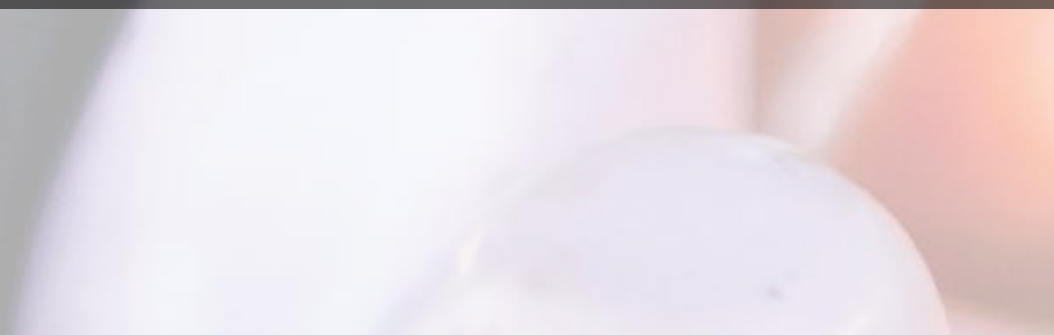
COMMUNITY RECREATION CENTER  
3000 GLENVIEW RD. WILMETTE, IL 60091  
847-920-3900 | [www.wilmettepark.org](http://www.wilmettepark.org)





# MAKE THE COMMITMENT!

**GET MOTIVATED. GAIN CONFIDENCE. TRAIN WITH A PRO!**  
 Personal training packages available to aid your fitness journey.



# REFER A FRIEND!

Existing members receive 1 FREE month when they refer a new member for their 6-month or annual membership. Referred new members do not pay an initiation fee! Call for more information.

## RESIDENT ■ Membership Fees

2020	SINGLE	COUPLE	FAMILY	STUDENT (14-23)	SENIOR (65+)	SENIOR COUPLE
<b>Initiation Fee</b>	\$75	\$105	\$145	\$75	\$75	\$105
<b>CFC MEMBERSHIP</b>						
Annual fee, if paid in full	\$477	\$720	\$989	\$332	\$393	\$533
Annual fee, if paid monthly	\$564	\$840	\$1,152	\$408	\$444	\$624
Monthly payment (12 mo. min.)	\$47/mo.	\$70/mo.	\$96/mo.	\$34/mo.	\$37/mo.	\$52/mo.
6 month membership	\$313	\$449	\$586	\$218	\$247	\$345
Monthly membership	\$81	-	-	-	-	-
Daily user fee	\$15	-	-	-	-	-
10 Pack CFC Pass*	\$120	-	-	-	-	-
<b>PLATINUM MEMBERSHIP</b> (Includes UNLIMITED access to Group Fitness Classes)						
Annual fee, if paid in full	\$828	\$1,360	\$1,824	\$649	\$682	\$1,044
Annual fee, if paid monthly	\$924	\$1,416	\$1,992	\$720	\$768	\$1,140
Monthly payment (12 mo. min.)	\$77/mo.	\$118/mo.	\$166/mo.	\$60/mo.	\$64/mo.	\$95/mo.

\* Passes expire six months from date of purchase.

## NON-RESIDENT ■ Membership Fees

2020	SINGLE	COUPLE	FAMILY	STUDENT (14-23)	SENIOR (65+)	SENIOR COUPLE
<b>Initiation Fee</b>	\$75	\$105	\$145	\$75	\$75	\$105
<b>CFC MEMBERSHIP</b>						
Annual fee, if paid in full	\$614	\$935	\$1,246	\$369	\$437	\$640
Annual fee, if paid monthly	\$720	\$1,056	\$1,464	\$456	\$528	\$756
Monthly payment (12 mo. min.)	\$60/mo.	\$88/mo.	\$122/mo.	\$38/mo.	\$44/mo.	\$63/mo.
6 month membership	\$379	\$552	\$743	\$243	\$277	\$380
Monthly membership	\$99	-	-	-	-	-
Daily user fee	\$17	-	-	-	-	-
10 Pack CFC Pass*	\$143	-	-	-	-	-
<b>PLATINUM MEMBERSHIP</b> (Includes UNLIMITED access to Group Fitness Classes)						
Annual fee, if paid in full	\$971	\$1,578	\$2,079	\$721	\$758	\$1,154
Annual fee, if paid monthly	\$1,080	\$1,740	\$2,304	\$804	\$864	\$1,296
Monthly payment (12 mo. min.)	\$90/mo.	\$145/mo.	\$192/mo.	\$67/mo.	\$72/mo.	\$108/mo.

\* Passes expire six months from date of purchase.

**MEMBERSHIP NOTES:** The initiation fee includes: One equipment orientation, two free group exercise classes and two guest passes. ●●● The Platinum Membership includes club access PLUS unlimited access to our group fitness classes. ●●● The six month membership must run for six consecutive months. There is no initiation fee. ●●● Memberships are non-transferable. ●●● Center Fitness Club reserves the right to modify its hours/days of operation to accommodate for holidays and facility maintenance. ●●● All members must be 11 years of age or older. Youth(s) 11-13 must be accompanied by an adult member when using Center Fitness Club facilities. ●●● All patrons purchasing a daily visit must be 18 years of age or older. Under 18 must be accompanied by an adult. ●●● A **"Family"** is defined as a maximum of 2 adult(s) and unmarried children (no limit), age 11-23, residing with adult(s). ●●● A **"Couple"** is defined as two adults, or one adult and one youth, 11-23, residing in the same household. ●●● Monthly Payment Plans are available through Electronic Transfer of Funds from checking accounts and credit cards. It is a 12-month minimum commitment which then continues monthly until a 30-day written notification is received to stop membership.

## Summer Individual Membership 3 or 4 Month Options:

No initiation fee. Summer memberships must register between June and July. Summer Plus option must register between November and December and must have purchased the Summer membership to qualify.

**3-month (valid May-November):** Resident \$165 / Non-Resident \$206

**\*1-month (valid December-February):** Resident \$57 / Non-Resident \$72

\*Must be purchased in conjunction with 3-month Summer Membership.

## Work out with our trainers for maximum results!

Our certified personal trainers are dedicated to bringing out the fitness in everyone. The motivation and support of a personal trainer is key to achieving your fitness goals fast. Your trainer designs a fitness plan with your individual goals and interests in mind. As your fitness level changes, your trainer will make sure your plan evolves right along with you.

### Personal Training Fees

**One 60-minute session:** \$77

**Three 60-minute sessions:** \$227

**Five 60-minute sessions:** \$371

**Ten 60-minute sessions:** \$732

**Twenty 60-minute sessions:** \$1,422



## Group Fitness Classes

Center Fitness Club classes are designed for all levels and interests. Attend the same class or mix it up! We offer a host of group fitness classes, every day of the week.

### GroupFit Passport

Center Fitness Club GroupFit Passports are designed to meet your schedule and class attendance needs. Passport Classes are open to Center Fitness Club members and non-members, ages 14 years and up.

Passports are available in denominations of 1, 5, 10, 20 or Unlimited. Limited passports expire six months from date of purchase. Passports may not be transferred or shared.

Just pick your class and go! Classes include:

**Interval Training:** HIIT, Interval, Strength • **Zumba/Zumba Gold** • **Spin** • **Yoga**  
**Pilates** • **Triple Threat** • **Tai Chi** • **Functional Flexibility** **Myofascia Release**  
**Joints in Motion** • **Heart Plus**

### GroupFit Passport Fees:\*

	Resident	Non-Resident	CFC Member
<b>Daily Class</b>	\$16	\$18	\$11
<b>5 Class</b>	\$74	\$84	\$51
<b>10 Class</b>	\$136	\$158	\$90
<b>20 Class</b>	\$249	\$294	\$158
<b>Unlimited**</b>	\$544	\$682	\$534

\* Senior discounts are not available on GroupFit Pass purchases.

\*\* Unlimited good for one year from purchase.

