

The Eisenhower Fitness and Recreation Center offers a wide variety of fitness membership categories in order to accommodate the varied lifestyles of our patrons.

*** * * MEMBERSHIPS * * ***

Resident

Annual
Midday
6-Month
Summer
Shape-Up

Non-Resident

Annual
Midday
6-Month
Summer
Shape-Up

Corporate

Annual
Midday

Annual and 6-Month membership services:

Individual
Twosome
Child Add-On
Senior
Senior Twosome
High School
College
Shape-Up Package

Midday membership services:

Individual
Twosome

Summer membership services:

Individual
High School
College

Cost of each membership category is listed three times each year in the park district seasonal program brochures. Fee increases, if established, are usually effective January 1.

About Eisenhower Fitness Center

A great deal of pampering, perks and benefits go into Eisenhower Fitness Center membership. The center houses a comprehensive inventory of circuit machines, free weights, cardiovascular equipment, an indoor lap pool, and other fitness amenities.

As a pass holder you will have access to:

A complimentary equipment orientation with a personal trainer

Whirlpools

Sauna

Steam rooms

Free weight rooms

State of the art resistance/cardiovascular equipment

Indoor pool

Outdoor tanning patio

*** * * Membership Policies * * ***

Refund Policy: 100% refund within three days, 50% refund within one month, no refunds after one month.

Changes to membership: Any member-initiated changes to a current membership must be made within 30 days of the original purchase. No changes are permitted after 30 days.

Medical approval is recommended prior to beginning any fitness program.

I.D. Cards: Each member is issued a personal identification card. Members are ***required*** to present the card each time the facility is used. Members will ***not*** be admitted to the center without their membership card. Additional or replacement cards may be purchased for just \$5.00 each. Membership cards are not transferrable.

Membership requirements:

Lansing residents must provide proof of residency through a State of Illinois driver's license, Illinois State Identification card, utility or property tax bill in member's name, and mortgage or lease agreement in member's name.

Corporate memberships require proof of employment (current payroll check stub) from a Lansing business. The check stub must be presented at the time of registration.

Midday memberships are required to check into the center between 11:00am and 2:00pm, Monday through Friday.

High School memberships and College memberships require presentation of current school ID card, proof of Lansing residency and proof of full-time student status. If the college ID does not list current school year dates, a copy of students' most current registration or class schedule from the college or university must be provided.

Senior Citizen memberships are issued to those persons aged 62 years and older. Only one individual must be 62 or older to receive a Twosome membership.

Child Add On: A child is defined as a person under 18 years of age. Proof of age is required when requested by the center.

Summer Memberships do not require an initiation fee, are only effective from June 1 to August 31, provide no free equipment orientation, and allow no refunds.

All persons under 18 years old applying for a membership or added as a member to another membership must provide a birth certificate at the time of registration to prove age.

Fitness memberships are not transferable.

Initiation Fee: The **initiation fee** is a one-time fee that is charged to all new members. This fee is waived for all renewing members if renewal occurs by the renewal date and 10-day grace period. The initiation fee is non-refundable. Changes made to an existing membership will not be charged an additional initiation fee, however add-on members to a current membership must pay an initiation fee. All persons applying for a first-time membership will be charged an initiation fee, including children.

Payment Options: You may pay for your fitness pass by: 1) A one time annual payment or 2) ACH - Automatic monthly payments deducted from your personal bank account (checking or savings). The center accepts cash, personal checks, MasterCard and Visa. Checks or ACH withdrawal deemed to be non-sufficient funds will result in membership suspension until check amount/withdrawal and applicable service fees are paid by cash or credit card. Repeated NSF checks or withdrawals may result in membership termination or the inability to utilize the ACH program.

ACH Memberships: No add-ons or changes will be made to existing ACH agreements. Add-ons to ACH memberships must be paid in full at the time of origination. Changes in account information must be received by the park district by the 20th of the month in order to be effective before the next ACH account withdrawal.

Fitness Age/Use Policy

On August 18, 2003, the Board of Commissioners for the Lan-Oak Park District passed the following policy regarding use of the fitness center and indoor swimming pool:

Individuals using the fitness center and its amenities alone must be 14 years and older. Children ages 12 & 13 using the fitness center must be accompanied by a parent and/or legal guardian at all times.

Children under 11 years and under may only use the gym, attend Family Swim, and must be accompanied by a parent and/or legal guardian while engaged in Family Swim or gym activities.

The Lan-Oak Park District does not routinely provide lifeguards at the indoor swimming pool. State law requires the presence of a lifeguard at all swimming pools which allow bathers 16 years of age and under to enter the pool without a responsible person 17 years of age or older present, except when the parent or legal guardian of each person submits written permission to the pool owner. If you wish for your child 14-16 years old to use the indoor pool when the parent or guardian is not present, a parent or legal guardian must sign a permission slip and have such slip on file at the park district. No child age 14-16 years will be allowed in the pool without a signed permission slip.

Other policies governing the fitness center - Severe Weather Policy, Medical Extension Policy, and Seizure Prone Swimmer Policy. These

policies are available upon request - just ask the reception desk for a copy of your own.

All fitness prices, times, rules, regulations and policies are subject to change without notice.

****Fitness Membership Benefits****

Extended hours

For your convenience the fitness center offers extended hours. The center is open Monday through Friday from 5:30am to 9:00pm, and on weekends from September to May 7:00am to 4:00pm, and June to August 7:00am to 2:00pm.

Babysitting

We will watch your child/children so you can join a fitness class or work out in the Fitness Center. Patrons must remain on the premises to use this service. A reasonable fee is charged for children, with a discount for siblings. Please see the rules area for more information about this service.

Monday/Wednesday/Friday 9:00am – 12:00pm

Coffee Service/Fit Cup Coffee Club

Complimentary regular and decaf coffee is available for members at all times. All members may obtain a free ceramic coffee mug if they wish to participate in the Fit Cup Coffee Club. Details are available in the coffee service area.

Fun and Games

The fitness center lobby is equipped with a television boasting cable service and two game tables - foosball and chess/checkers - for the use of fitness members who wish to extend their stay with some fun and relaxation.

Open Houses/Member Appreciation Days

Open Houses: The Eisenhower Fitness Center regularly offers a special incentive to new and current members on designated dates. The incentive allows current members to bring a guest to the center free of charge on indicated dates. On that day, if the guest registers for a new membership the guest's initiation fee will be waived and the current member will receive a free-month extension to their membership for each membership purchased (not per person)! To take advantage of this incredible offer, visit the center on the specified days as noted in the current brochure. Current member must be present at the time of new member registration.

Member Appreciation Days: Once a month fitness members are treated with even more care than usual with complimentary services to make your fitness day a special one. Member Appreciation Days will be held on the specified days as noted in the current brochure.

Locker Rentals

Leave your stuff at the center. Lockers are available for yearly rental - bring your own lock.

Towels/Personal Care Items

Towels and travel size personal care items are available for purchase at the reception desk. A list of available items is displayed at the front desk.

Discounts

Fitness members enjoy a 15% discount on the stated fee for many fitness programs. Consult the park district seasonal program brochures for details on fitness and exercise programs.

Membership Expiration Date

The center has your expiration date displayed on the front of your fitness pass. Members are able to renew their membership up to 10 days after expiration without penalty.

Enhancements

The center employs personal trainers, massage therapists and dietitians in order to offer the following enhancement programs at an additional cost:

- Swedish, Deep Tissue and Hot Stone Massages
- Nutritional Counseling - Single Visits and Multi-Visit Packages
- Personal Training - Single Visits and Multi-Visit Packages
- Comprehensive Fitness Assessments, Equipment Orientations, Fitness Evaluations, and Body Fat Analysis

See the reception desk for details and to schedule an appointment.

The Eisenhower Fitness Center offers discounts for Lansing police officers, Lansing village employees, active military, Lansing teachers. Prospective members who may fall into one of these categories should ask for additional information at the registration desk.