

# LA GRANGE FITNESS MEMBER HANDBOOK

LA GRANGE FITNESS  
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[www.pdlg.org](http://www.pdlg.org)



## Membership Guidelines

The following guidelines have been established to ensure the safety and security of La Grange Fitness members and employees while promoting enjoyment during visits and workouts.

## Membership ID Cards and Check-In Procedure

All members and guests are required to check in at the Fitness Desk at the beginning of each visit. Each member receives a membership ID card upon enrollment that must be presented to the Fitness Desk for entry into the fitness center, track or class. Each member is responsible for the maintenance of his or her membership ID card. A charge of \$3 will be applied for a replacement card. Membership ID cards may not be given to a guest or another member to enter the facility. This will cause a forfeit in your membership.

## Member Locker Rooms

Our member locker rooms are designed to provide members (ages 14 and up) with comfortable and convenient accommodations before and after each workout. Children 13 and under are not permitted in the locker room and should use the Recreation Center washrooms in the building's foyer.

Daily use lockers are available to all members free of charge. Overnight usage is prohibited. Each locker has a lock built in, allowing members to set a four-digit code to lock up their belongings for the day. La Grange Fitness does not provide towel service or toiletries, members need to supply their own.

La Grange Fitness is not responsible for lost, missing, stolen or damaged items.

## Membership Types

**Proof of Residency is required. A driver's license, state ID or utility bill is acceptable.**

[Student Memberships](#) available for individuals 14 to 24 years old with a current student ID.

[Individual Memberships](#) valid for one person 18 years or older.

[Senior Memberships](#) must be 55 years or better.

## Club Etiquette and Behavior

The following guidelines have been established to ensure the safety and security of La Grange Fitness members and employees while promoting enjoyment during visits and workouts.

- Check in with ID card is required at Fitness Desk prior to each visit.
- Must be 14 years or older.
- Sanitize equipment before and after use with sanitizing wipes.
- Members are responsible for providing any personal towels required.
- Limit cardio equipment use to 30 minutes, especially during high usage times.
- Allow other members to use weight machines during rest periods.
- Re-rack weights after use.
- Headphones required for personal music devices.
- Please refrain from using your cell phone in the fitness center.
- Horseplay is not permitted.
- Shirt and closed toed shoes must be worn, no flip flops or sandals.
- Food is not allowed in the Fitness Center, studios or locker rooms.
- PDLG is not responsible for lost, stolen or broken items.
- Please report faulty or damaged equipment to staff immediately.
- Smoking (to burn or exhale any cigar, cigarette, pipe, electronic-cigarette or any other device designed to inhale and/or exhale tobacco or any vaporizer related products) is prohibited.
- Use of profanity is strictly prohibited.
- Firearms are strictly prohibited within the facility.
- Adherence to all facility and district rules and regulations is required.
- Respectful Behavior: All members are expected to treat fellow members, guests, and staff with courtesy and respect at all times. Harassment, discrimination, intimidation, or disruptive behavior will not be tolerated and may result in suspension or termination of membership.

## Daily Drop In Guidelines

**Daily Drop-In fee is \$10.00 and this includes use of the fitness center, track and locker rooms. Group Fitness Daily Drop-in fee is \$15 and includes fitness class, fitness center, track and locker rooms.**

**Guest 18 and over:** require a signed waiver, valid photo ID with a birthdate posted and paid drop in fee.

**Guest 16 and 17:** require a parent or legal guardian signed waiver, valid photo ID with a birthdate posted and paid drop-in fee.

**Guest 15 and under:** not available for anyone under 16 years old.



## **Membership Privileges**

Memberships at La Grange Fitness include a variety of facility privileges that are designed to optimize your visits and provide a unique and comfortable environment to achieve your fitness goals.

### **Complementary Equipment Orientation**

An interactive orientation of the cardiovascular and strength equipment on the fitness floor that is led by a personal trainer. Proper use of each piece of equipment is discussed to ensure safe and effective use of equipment during workouts.

### **Kick Start**

A one on one consultation designed to help each member utilize the La Grange Fitness resources in order to reach their fitness goals. Meet with a trainer, learn about your health, set your goals, plan, and achieve success!

### **Fitness Equipment**

La Grange Fitness offers a variety of cardiovascular and strength training equipment to provide members with a comprehensive and varied workout. All equipment is properly maintained and inspected on a regular basis to ensure optimal performance.

### **Cardiovascular Equipment**

More than 45 pieces of cardiovascular equipment including treadmills, elliptical trainers, step mills, NuStep's, AMT's, a Sci-Fit, rowers, upright and recumbent bikes are available for member use. The cardiovascular equipment have TV's built in on each console. Members can also access sound to the overhead TV's in the Fitness Center with an app called App Audio on any smart phone. Cleaning stations are located throughout the facility and members are responsible for wiping down equipment after use. We encourage members to wipe down the equipment prior to use as well.

### **Strength Training Equipment**

The selection of strength training equipment at La Grange Fitness includes free weights, selectorized equipment and cable-driven equipment. Members should always show courtesy to others in the fitness area by sharing weight equipment and allowing other members to work in between sets. Please refer to the club etiquette section for additional usage guidelines. Members are responsible for wiping down equipment after use. We encourage members to wipe down equipment prior to use as well.

### **Indoor Track**

An indoor track is located around the gymnasium and is included in the fitness membership. The track is 1/8 of a mile in distance and is made of a durable cushioned material that reduces impact and increases shock absorption. Directional changes follow the even and odd day of the month, directional signs can be found on the wall at the entrance of the track.

### Group Fitness Classes

La Grange Fitness offers a wide variety of instructor-led group fitness classes that are available to members during operating hours. Participation is included with all membership types at no additional fees. Advanced registration is required for these classes, for space is limited. Group fitness classes are a member only amenity and guests may not be brought to classes. You can view the group fitness schedule online at [www.pdlg.org](http://www.pdlg.org) or pick up a copy at the Fitness Desk.

### Additional Fee Services

La Grange Fitness offers a variety of additional programs and services, which are available to members for an additional fee.

### Personal Training

Members of all fitness levels who are seeking personalized attention, support and direction for their workouts are encouraged to work with a Certified Personal Trainer. Personal training sessions are available in one-hour sessions and are available in single or package options. All La Grange Fitness Certified Personal Trainers possess academic degrees and/or are nationally certified by accredited organizations. Please see the Fitness Desk for more information.

### Youth Programming While You Workout

Check out our latest brochure for youth programming. Get your workout in while your child participates in a Park District program! Pick up a copy of our brochure at the Recreation Center or view it at [www.pdlg.org](http://www.pdlg.org).

### Open Gym

Daily drop in open gym or open gym passes are available for purchase at the Recreation Center front desk. Basketball court use is not included with the fitness membership. Please see the Recreation Center front desk for details.

## Member Status Change

All status changes require a status change form that can be obtained from the fitness desk.

### Vacation Hold

Members may request to place their membership on a vacation hold for a duration no less than one month in length and no greater than four months in length (valid for full months only). During the hold, monthly dues are reduced to one third per member, which eliminates the need to cancel and incurring the \$25 initiation fee per member when rejoining. While on hold, your membership privileges are restricted. Written notification of vacation hold requests is required and must be submitted 7 business days before the first of the month. Membership dues automatically resume at the end of the hold.

### Medical Hold

Members may request to place their membership on a medical hold during situations when physical visits to the Fitness Center are restricted under physician orders. During this hold period, monthly dues are waived in their entirety. Written notification of medical hold request is required and must be submitted along with supporting medical documentation/physician referral and approved by La Grange Fitness. Access to the Fitness Center and regular dues automatically resume following the completion of the hold.

### Membership Cancellation

You may cancel or resign your membership at any time. However, in order to prevent any automatic charges for the following billing period, you must complete your cancellation at least five (5) business days before the 1st of the following month.

### 3 Ways to Cancel Your Membership

1. In person at La Grange Fitness by filing out a cancellation form
2. Fill out this [form](#), print it out and bring it to La Grange Fitness
3. Fill out this [form](#), save it and email it to [fitness@pdlg.org](mailto:fitness@pdlg.org)

## Terms and Conditions

The rules contained herein are not inclusive. Amendments to the La Grange Fitness rules and regulations may be made from time to time as necessary. Interpretation of the rules will be at the discretion of the Park District of La Grange. Members are always welcome to visit the Fitness Center to obtain additional information regarding member privileges, services, programs and events.

## Thank You for Choosing La Grange Fitness!