

LA GRANGE FITNESS MEMBER HANDBOOK

LA GRANGE FITNESS
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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.

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. 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, stolen or damaged items.

Membership Types

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

[Youth Memberships](#) can be purchased for a 14 and 15-year-old, but must be on an ongoing monthly or annual contract with a parent or guardian. Youth memberships are not eligible for daily drop-ins or short-term contracts.

[Student Memberships](#) are available for individuals 16 to 24 years old with a current student ID.

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

[Couple Memberships](#) are available for two members living in the same household.

[Additional Members](#) may be added on to a couple membership for members that have more than two members in the household.

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

[Senior Couple Memberships](#) are available for two members of the same household ages 55 years or better (both members must be 55 years or better to qualify).

Silver Sneakers and Corporate memberships are available. Please see the fitness desk for details. All memberships must follow and adhere to the handbook.

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.

Daily Drop In Guidelines

Daily Drop In fees include use of the fitness center, track and locker rooms only. Group fitness classes are a member only amenity and may not be taken when purchasing a daily drop in.

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 not required for these classes; however, members are encouraged to arrive 30 minutes early to check in and receive a ticket to secure their spot in class, 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 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.

[Additional Fitness Programs](#)

For information on current fitness program options, please refer to the Park District of La Grange guide or www.pdlg.org along with internal marketing throughout the facility. We offer many great programs, including specialty fitness programs with a fitness member discount!

[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

Members may cancel a membership with written notification turned in to the Fitness Center. We do not accept cancellations over the phone or via email. We do require a 30-day written notice to cancel monthly and annual memberships. Members are responsible for billing charges incurred during this 30-day notification period (based on the 1st of the month) and must complete and sign all necessary paperwork to validate the request. Annual prepaid memberships are valid for 12 months and may only be terminated at the conclusion of the agreement term with a 30-day cancellation notification.

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!