

## **Membership Programs**

Sun - Fri: 6am - 11pm Sat: 6am - 7pm

		Vendor/Affiliate Fit	Student Fit	Open Gym	Classic Fit
Restrictions		Must be enrolled or have a child enrolled in an NLSC League/Program.	Must Have Valid School ID	18 and Older	18 and Older
Monthly Membership Fees: 30 day - No Long-Term Committment		\$9.99	\$19.99	\$19.99	\$29.99
Start-Up Fee		<del>\$49.99</del>	<del>\$49.99</del>	<del>\$49.99</del>	<del>\$49.99</del>
Annual Fee		<del>\$39.99</del>	<del>\$39.99</del>	<del>\$39.99</del>	<del>\$39.99</del>
Fitness Center		6am - 11pm	6am - 11pm	N/A	6am - 11pm
Open Gym (when availible)		6am - 11pm	6am - 11pm	6am - 11pm	6am - 11pm
Equipment	Cardio Machines	X	X		X
	Weight Machines	X	X		X
	Free Weights	X	X		Х
Services	Nutritional Evaluation	X	X	X	Х
	Free Personal Training Evalutation	X	X	X	Х
Group Fitness Classes	Boot Camp	X	X		X
	Spin Class				X
	Zumba				X
	Urban Jam				X
	Cardio Kickbox				X
	Functional Fit				X
Yoga	Yoga 1 (Beginners)				Х
	Yoga 2 (Intermediate)				
	Yoga 26				
	Yoga for athlete				
	Restoration Yoga				
Access to Amenities	Showers	Х		Х	Х
	Lockers	X		X	X