

SOUTH MILWAUKEE FITNESS CENTER



“Improving Lives Through Exercise”

901 15th Ave. Door #24 766-5084

For more information visit our website at www.smfitness.org



Hours of Operation

School Year	September—June	Monday—Thursday	5:35pm—8:45pm
School Year	September—June	Friday	5:35am—7:45pm
School Year	September—June	Saturday & Sunday	7:00am—2:45pm
Summer	June—August	Monday—Friday	5:35pm—7:45pm
Summer	June—August	Saturday & Sunday	7:00am—2:45pm

Special Hours and Closings

- o Independence Day Closed
- o Labor Day Closed
- o Thanksgiving Day Closed
- o Black Friday Open 7:00 AM – 2:45 PM
- o Xmas Eve Open 7:00 AM - 11:45PM
- o Xmas Day Closed
- o Day After Xmas Open 7:00 AM – 2:45 PM
- o New Years Eve Open 7:00 AM - 11:45PM
- o New Years Day Open 7:00 AM – 2:45 PM
- o Easter Day Closed
- o Memorial Day Closed
- o HS Graduation Day Open 5:30 AM—4:45 PM (Fitness Center)
- Open 5:30 am—8:45 AM (Track)



Please note: when school is closed due to snow, or other type of emergency - the fitness center and track will also be closed. Thank you for your understanding.

www.smfitness.org

What members are saying....

- ◆ The facility is one of the cleanest I've seen.
- ◆ I have access to all my fitness needs.
- ◆ They have a great variety of equipment.
- ◆ The staff is so friendly.
- ◆ Cardio, weights, an indoor track, something for everyone.
- ◆ The rates are affordable.
- ◆ Very glad I found this center to exercise in.



MedX Super Slow Personal Training

- ◆ A private personal training room—no music, mirrors, or distractions with your personal training sessions. **JUST RESULTS!**
- ◆ **Unique to the area** Spinal Emphasis equipment to help treat chronic lower back and neck pain
- ◆ Utilizing a full body 30 minute workout only one to two times per week.
- ◆ We will address your cardiovascular, muscular and skeletal systems simultaneously.
- ◆ Slow Movement Speed Strength Training **BY APPOINTMENT ONLY.**
- ◆ Featured in Vogue, Men's Health, Shape Magazine, and personally used by Barbara Walters and Leslie Stahl.
- ◆ Exercise protocol from the best selling books "Slow Burn" and "Power of 10"
- ◆ *Your going to be amazed by this program!*

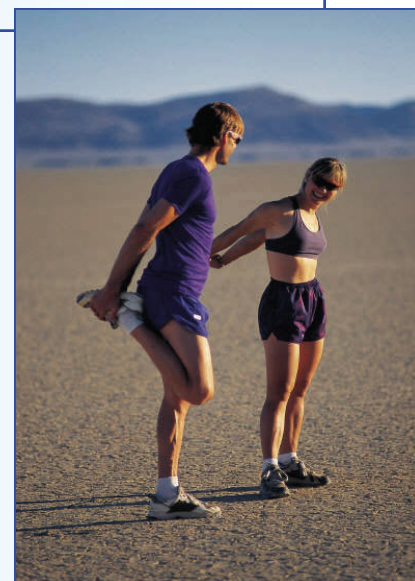


We are here committed to providing you the optimal exercise center — for both individuals and family members. Our staff continues to be excited working with our community and surrounding areas.

You may sign up now to enjoy our 4300 square foot fitness center, and our 200 meter elevated rubberized track. We offer over 20 pieces of stairmaster cardiovascular equipment; full lines of Magnum selectorized machines, personal training on MedX equipment with spinal emphasis, various free weight options, Olympic lifting platforms and much more.

Five 32 inch flat screen televisions are provided for your workout experience, as well as satellite radio so you can listen to all your favorite songs.

A variety of exercise classes are also available through the Recreation Department Office. You are going to love our low membership rates, and the various membership categories.



Don't Delay! Get Started Now!



Fee Structure

Resident

	<u>Monthly</u>	<u>Annual</u>	<u>Savings</u>
Joiners fee (one time \$15 payment)			
Single	\$24.00	\$232.00	\$ 56.00
Family	\$39.00	\$310.00	\$158.00
Senior Single (55+)	\$15.00	\$122.00	\$ 58.00
Senior Couple (55+)	\$20.00	\$193.00	\$ 47.00
High School Student		\$ 30.00	
SM School District Staff	\$15.00	\$122.00	\$ 58.00
SM School District Staff Family	\$29.00	\$230.00	\$118.00
Corporate (Minimum of 5 required)		\$200 / person	
Corporate (Minimum of 25 required)		\$150 / person	
College Summer	3 Months	\$40.00	
College Spring Break	14 Days	\$15.00	
College	Weekly	\$10.00	
Guest Pass	Daily	\$ 5.00	

Track Access only, Complimentary for Residents

Personal Training by Appointment Only (30 minute sessions) \$30.00 per session

Something for Everybody!

Non-Resident

	<u>Monthly</u>	<u>Annual</u>	<u>Savings</u>
Joiners fee (one time \$30 payment)			
Single	\$30.00	\$250.00	\$110.00
Family	\$45.00	\$330.00	\$210.00
Senior Single (55+)	\$20.00	\$140.00	\$100.00
Senior Couple (55+)	\$25.00	\$210.00	\$ 90.00
High School Student		\$ 40.00	
Track Access		\$ 25.00	

**Fee Structure: All Month to Month payments handled electronically
(30 day written notice for cancellation required)**

Employee Wellness & Corporate Memberships

With the rising cost of health care, employers understand the need to keep their workforce as healthy as possible. The SMFC has corporate memberships available. Call us at 766-5084 for details.

**Call us at 766-5084 or
visit our website at www.smfitness.org**