

EMPLOYEE BENEFIT



FREE Health Fitness Center Membership

Membership includes use of:

- | | |
|---|---|
| • Cardiorespiratory Machines | Treadmills, ellipticals, upright and recumbent bicycles and stairclimbers. |
| • Weight Training Machines | More than 40 selectorized machines that enable you to work all of the major muscles. |
| • Free Weight Area | Dumbbells, barbells, squat racks, and a variety of benches. |
| • Locker Room Facilities | Showers, lockers, and washroom facilities. Please provide your own lock, towel, and amenities. There is no locker room attendant. |
| • Espresso Classes | 30-minute workout sessions led by our trainers in a small group setting. See Espresso calendar for dates, topics and times. |
| • Exercise Program/
Equipment Demonstrations | Our fitness trainers can design an exercise program for you and demonstrate how to perform the exercises properly. |

Ready to join?

Please complete the form on the back side and send it to the Health Fitness Center, Building G, Room G210. An HFC fitness trainer will contact you to schedule a personal fitness evaluation appointment. If you have any questions or would like more details, call Cathy Nolan at ext. 5378.



Moraine Valley
Community College

Changing Lives for a Changing World

FREE MEMBERSHIP FOR BENEFIT-ELIGIBLE EMPLOYEES HEALTH FITNESS CENTER

YES!! I would like to take advantage of the
Free Health Fitness Center membership
for benefit eligible employees of
Moraine Valley Community College.



Please complete form, and return to the Health Fitness Center in
Building G, Room G210.

Name _____ Date _____

Position at Moraine Valley _____

Office phone extension _____ Office location _____

Home phone number (_____) _____

Social Security Number _____

Confidential when completed.

PERSONAL FITNESS EVALUATION

- When the Health Fitness Center receives your form, you will be contacted to schedule an appointment for your fitness evaluation and orientation. Both the evaluation and the orientation together will take approximately 45 minutes.
- The fitness evaluation includes a lifestyle questionnaire, heart rate, blood pressure, cardiovascular endurance, strength and flexibility testing, and body composition determination. The orientation will include a tour of the facility, explanation of Rules and Regulations, and information about our programs and services offered.
- A doctor's note may be required to allow you to participate in an exercise program. If you have pulmonary, cardiovascular, diabetic and/or musculoskeletal conditions present, a physician's approval is necessary prior to beginning your membership.

HEALTH FITNESS CENTER PART-TIME EMPLOYEE DISCOUNT MEMBERSHIP



Non-Benefit-Eligible Employees Four Months \$28

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- Locker Room Facilities Showers, lockers and washroom facilities. Please provide your own lock, towel and amenities. There is no locker room attendant.
- Espresso Classes 30-minute workout sessions led by our trainers in a small group setting. See Espresso calendar for dates, topics and times.
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Contact Registration at **(708) 974-2110** or in person in Building S to register for F33-400-001, which is a part-time employee discount membership. After you are registered, please contact the Health Fitness Center at **(708) 974-5701** to schedule your personal fitness evaluation appointment. If you have any questions or would like more details, call Cathy Nolan at ext. 5378.



Building G

second floor, G210

(708) 974-5701

morainevalley.edu/hfc



Moraine Valley
Community College

Changing Lives for a Changing World

Health Fitness Center Hours



Fall/Spring Semesters

Monday through Thursday 7 a.m. to 10 p.m.

Friday 7 a.m. to 8 p.m.

Saturday 9 a.m. to 3 p.m.

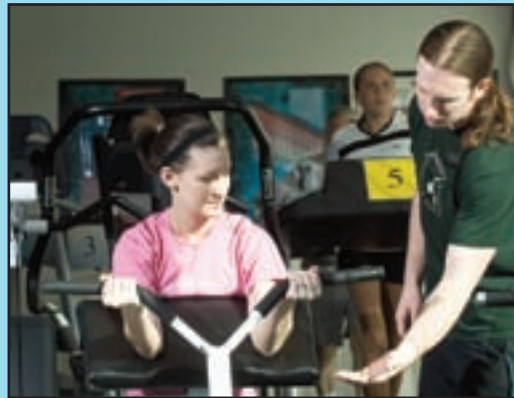
Summer/Breaks

Monday through Thursday 7 a.m. to 9 p.m.

Friday 7 a.m. to Noon, 4 to 8 p.m.

Saturday 9 a.m. to 3 p.m.

Hours are subject to change. Ask staff.



Credit Physical Education Courses and Fitness Trainer Program

Moraine Valley has several one credit hour group fitness, strength training, and dance courses available which allow you to earn college credit while becoming fit. Visit the Physical Education and Health course offerings on our Web site at morainevalley.edu.

Moraine Valley has a FITNESS TRAINER CERTIFICATE PROGRAM designed for students who desire classroom experience with hands-on training, leading to national certification and a career in fitness. For program information, call Catherine Nolan, PEH coordinator, at (708) 974-5378 or visit

morainevalley.edu/PublicService/fitness/fitness.htm.

Health Fitness Center

Located in the center of Moraine Valley's campus, the Health Fitness Center is open to the public as well as the college's students. Our 5000-square-foot facility offers a wide range of fitness equipment, fitness training, and a clean, friendly workout environment. Stop by the facility and try a guest pass to see if Moraine Valley's Health Fitness Center is for you.

Exercise Facilities

Our cardiovascular area provides upright and recumbent bicycles, elliptical training machines, stair climbers, and treadmills. You can take advantage of two strength-training areas which exercise specific muscles of the body: one area provides weight training machines and a second is a free-weight area. The free-weight area includes a Smith machine, various benches, squat racks, and a wide range of barbells and dumbbells.

Personal Fitness Evaluation

Moraine Valley Health Fitness trainers will start your membership by giving you a fitness evaluation which enables us to determine your present fitness level and design your exercise program. This is available by appointment. The testing includes a lifestyle questionnaire, blood pressure, heart rate, body composition, cardiovascular endurance, and strength and flexibility testing. You will receive your personal results within days of the test. After your initial testing, you may begin using the facility. Our fitness trainers can demonstrate how to use each piece of equipment properly. A doctor's note may be required to allow you to participate in an exercise program. If you have pulmonary, cardiovascular, diabetic and/or musculoskeletal conditions present, a physician's approval is necessary prior to beginning your membership.

Personal Exercise Program Development

Our qualified fitness trainers can design a safe, effective exercise program for you. You can have your program developed to meet your fitness goals, health history and time constraints. Our trainers will even work with your physician to develop a program tailored to your health needs. Our fitness trainers can develop programs in strength, balance, cardiorespiratory, and flexibility training. After the program is developed, you may make an appointment with a trainer to demonstrate and teach you the proper techniques. We also offer small group training called EXPRESSO classes. These 30-minute workouts are free to our members and offer various types of workout sessions such as yoga/tai chi, BOSU and stability ball training, and many more topics. See our monthly calendar schedule for further details.

Memberships

Moraine Valley's Health Fitness Center is open to adults 16 and older.

One-month membership:	\$30.75
Four-month membership:	
Moraine Valley student	\$58.50
Community resident	\$62.50
One-year membership:	\$122.00
Senior citizens discount (65 and over)	\$99.00

One-year Family discount memberships:

To enroll, pick up an enrollment form in the Health Fitness Center (G210). Available for adults 16 and older who live in the same household. Must have a valid driver's license/state ID to register.

First family member	\$122.00
Additional family member(s)	\$89.00

Employee memberships are also available. Please see staff.

PRICES SUBJECT TO CHANGE



To Join

Two Ways to Sign Up

1. Visit Moraine Valley's Registration Office— Student Services Center, Building S
 2. Call Registration Office – **(708) 974-2110**
- Bring your receipt to the Health Fitness Center. (If registering by phone, you can print a copy from the Moraine Valley Web site: <https://webreg.morainevalley.edu>)
 - You will need to set up an appointment for your fitness evaluation. Call **(708) 974-5701** to make this appointment.
 - Your membership begins on the day that you register.

Men's and women's lockers and showers are available on the first floor of Building G. Members provide their own locks, towels, and other amenities. When using the center, you are required to wear mid-thigh or longer shorts, t-shirts, sweatpants, sweatshirts and athletic shoes. Casual pants, jeans, and dress shoes are not acceptable. Please read the Health Fitness Center Rules and Regulations for more information at morainevalley.edu/hfc or in the center.