



# Fountain View FITNESS

## ALL-INCLUSIVE FITNESS MEMBERSHIPS

INCLUDES FITNESS EQUIPMENT, UNLIMITED GROUP FITNESS CLASSES, TRACK, LAP SWIM, OPEN BASKETBALL, PREMIUM LOCKER ROOMS



### Variety of Cardio & Strength Machines and Free Weights

Including 13 machines accessible to those with physical or sensory limitations.

### Personal Trainers Available

Additional fees apply



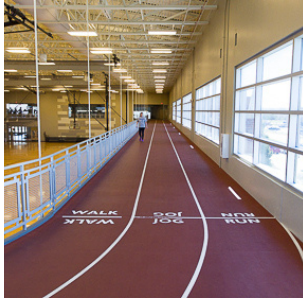
continuous  
daily  
cleaning

### Member Only Benefits

Includes free events and challenges, equipment orientation, fitness assessment, member pricing on personal training and nutrition packages.

### Unlimited Monthly Classes

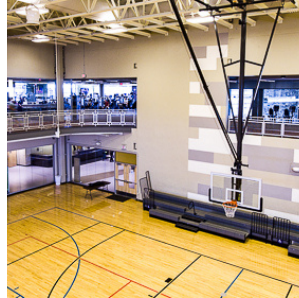
Including TRX & Aqua



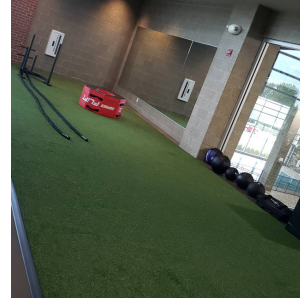
### Indoor Track



### Indoor Pool & Therapy Pool



### Open Gym



### Turf for functional training



### Lockers with keyless locks

#### Fitness Center Hours

Monday-Friday	5am-10pm
Saturday	6am-6pm
Sunday	7am-6pm

#### Lap Swim Hours

Monday-Friday	5am-1pm	4-9:30pm
Saturday	6am-5pm	
Sunday	7am-5pm	

*Warm therapy pool open only to all-inclusive members when classes are not in session.*

#### Free-Use Resident Walking Track Hours

Monday-Friday	1-4pm	8:30-10pm
Saturday & Sunday	3-6pm	

*Carol Stream residents (12+ yrs) can use the track for free during times above.*

#### Holiday Hours

Christmas Eve	8am-12pm
Christmas Day	Closed
New Year's Eve	8am-12pm
New Year's Day	8am-12pm
Easter	8am-12pm
Memorial Day	8am-12pm
July 4th	8am-12pm
Labor Day	8am-12pm
Thanksgiving	8am-12pm

## CORPORATE DISCOUNTED FITNESS MEMBERSHIPS

Employees who exercise regularly have improved morale, reduced health care costs, improved retention, reduced absentee rates, improved productivity, reduced illnesses, improved punctuality and reduced accidents.

*Enrollment fees are waived for Corporate Fitness Memberships.*