

Faribault County Fitness Membership Rates

MEMBERSHIP RATES

Adult Membership

Paid in full \$29.95 X's a Month
Example \$29.95 x 12 months = \$359.40
OR 2 Payments of \$179.70

Short term Adult Membership

\$39.95 a Month

Family Membership

Paid in full \$39.95 X's a Month
Example \$39.95 x 12 months = \$479.40
OR 2 Payments of \$239.70

Short term Family Membership

\$49.95 a Month

Student (full time Student) or Senior (70 or older) Membership

\$19.95 a Month

Membership Includes:

Tennis Court
Racquetball Court
Basketball Court
Wallyball League
Indoor Walking
Air Conditioned Weight Room with Cardio Equipment
Men and Women's Locker Rooms with Showers
Sand Volleyball League
Single Membership-2 30 min Personal Training Sessions
Family Membership-4 30 min Personal Training Sessions
(NO MORE COURT OR WEIGHT ROOM FEES)

Additional Services and Fees

Instructor Fees: Aerobic Classes Cardio Twice Weekly (Kickboxing Aerobics)
\$15.00 a month with Membership
\$30.00 a month without Membership
No-impact Classes (Pilates, Exercise Ball) Twice Weekly
\$15.00 a month with Membership
\$30.00 a month without Membership
Tennis Lessons \$28.00/hr
Rallyball (Elementary Tennis)
Wallyball League without Membership \$50.00/person
Summer Sand Volleyball League without Membership \$10.00/person
Personal Training (see following fees)
Permanent Court Time Fees (2.00/person per hour if NO-SHOW)
Summer Water Aerobics at Blue Earth Pool
\$55.00 without Membership
\$30.00 with Membership

Corporate Membership

4-9 Memberships Save 10%

10-15 Memberships Save 15%

16 or more Save 20%

Corporate Memberships must be paid by the Business

Personal Training Fees for Members

One Hour Sessions

4 Sessions.....\$72.00

8 Sessions.....\$128.00

12 Sessions.....\$168.00

½ Hour Sessions

8 Sessions.....\$96.00

12 Sessions.....\$120.00

Group Training: Add \$5.00 per person per hour up to 3 people per session.

Personal Training can help MOTIVATE you to:

Increase the efficiency of the heart

Make the heart stronger

Reduce blood pressure

Help control stress levels

Reduce the likelihood of blood clot formation

Help maintain or lose weight and increase metabolism

Increase the HDL cholesterol carrier

Decrease the risk for osteoporosis

Increased bone mineral content

Improve posture, physical image, and self-esteem

Enhanced physical activity

Personal physical independence (Strength, Flexibility, Balance, & Endurance)

FITNESS CENTER MEMBERSHIP APPLICATION

Name: (Last) _____ (First) _____

Address: _____

Home Phone: _____ Business Phone _____

E-mail Address: _____

Complete for Family Membership Only

Spouse: _____

Children 1) _____ Age _____

2) _____ Age _____

3) _____ Age _____

4) _____ Age _____

I have read the rules of the Fitness Center and agree to abide by all such rules. I also agree that all information completed above is true and correct.

Date _____ Signature _____

Faribault County Fitness Center, P.O. Box 38, Blue Earth, MN 56013

Phone # (507) 526-3376

E-mail Address fitness@bevcomm.net

Policies

- 1) Please sign-in as you enter the Fitness Center before you use the courts or weight room. Print your first and last name, activity, date, time-in and time-out. If you are not signed in you will be asked to leave.
- 2) Permanent Court Time: Any member can schedule permanent tennis court time and/or permanent racquetball court time. Permanent court time applies to all days except these stated holidays: Thanksgiving, Christmas, New Year's Day, and Easter. These dates are excluded from permanent court time provided people give two weeks advanced notice that they DO want their permanent time. Permanent court time starts October 1st and runs through May 1st. A no show no call of cancellation will cost \$2.00 per person, unless you make arrangements for someone else to play during your time slot.
- 3) When you use the Facility you are required to: **Change your shoes before going on either court or when using the weight room** and when playing racquetball you are required to wear protective eyewear.
- 4) Keys: If you have a key and are not using the Fitness Center on the weekends or have not needed the key this past year please return the key so that a member that needs it can check it out. **I would like to emphasize that you need to re-lock the door right away after letting yourself into the Fitness Center.** If a key has been checked out in your name you are responsible for that key. I will be doing key checks. You should not be letting others in. We rely on members to help monitor and report abuses.
- 5) Key Check out Policy: If you wish to have a key there will be \$10.00 Fee. You will be charged membership fees as long as you have a key, If you should cancel your membership you must return your key.
- 6) No food or drinks on the courts or in the weight room. Water only in the weight room.

FARIBAULT COUNTY FITNESS CENTER OFFERS MONTHLY REIMBURSEMENT PROGRAMS WITH:

BLUE CROSS BLUE SHIELD OF **MN & ND**

LOCAL 49ER'S (UNION)

MEDICA

MEDICA with BRICKLAYERS NO 1 MN & ND & CEMENT MASONS LOCAL NO 633

U-CARE

DEFINITY

HEALTH PARTNERS EFFECTIVE **MAR 1ST 2008**

Also check with your HR department as many employers offer a fitness reimbursement.

We also now offer a small discount to Corporate Clients through IFCN (International Fitness Club Network).

Blue Cross Blue Shield

-Eligible participants must be age 18+

-Each individual must work out 12 times or more a month to earn the reimbursement (credit) (8 or more days during the month for Medica)

-Each member is responsible to be certain that their usage is tracked.

-Members must complete the enrollment form and provide a copy of your insurance card and proof of age.

-Only one workout per day will be counted toward this program.

-A family or couple membership can have up to 2 adults, age 18 or older, participating with a maximum reimbursement of \$40/month for BCBS.

-Medica will be allowed one \$20 credit that will be awarded to each membership type. For couple or family memberships at least one person (over the age of 18) on the membership must exercise 8 or more times a month.

U-Care

Fast Facts:

- Eligible participants must be age 65+
- Each individual must work out 8 times or more a month to earn the reimbursement (credit)
- Each member is responsible to be certain that their usage is tracked.
- Members must complete the UCARE enrollment form and provide your member ID card, UCARE insurance card and proof of age.
- Only one workout per day will be counted toward this program.
- A family or couple membership can have up to 2 adults, age 65 or older, participating with a maximum reimbursement of \$40/month.
- If a member terminates their membership, any unapplied reimbursement(s) will be forfeited.

Effective **December 1st 2007**, Medica members with Bricklayers No. 1, MN & ND and Cement Masons Local No. 633 will be eligible for the Fit Choices Program.

These groups have a **LaborCare** branded member ID card (LaborCare is a Medica product; you will **not see a Medica logo** on these cards). The new group numbers will be:

- LCA0033 for the Bricklayers
- LCA0021 for the Cement Masons