



Fitness Rooms and Personal Training

FITNESS ROOM AT LEVY SENIOR CENTER For ages 18 and older

Improve your stamina, balance and shape when you make a commitment to staying active! It's easy when you join our Fitness Room with its top-quality equipment and light, bright, cheerful atmosphere. 847/448-8250.

Fees for Levy Center members are \$200/year or \$17/month. Minimum age is 55.

Fees for nonmembers of Levy Senior Center are \$300/year or \$25/month for an Evanston resident and \$350/year or \$30/mo. for a nonresident.

Daily fee: Adults of all ages: \$5.

Location: Levy Senior Center
Age Level: 18 years and older

Operating hours are subject to change seasonally and on holidays. For adults age 55+, Fitness Room hours are Monday through Friday, 7am to 9pm; Saturday, 9am to 5pm; and Sunday, 9am to 3pm.

For adults age 18 to 54, Fitness Room hours are limited to Monday through Friday, 7am-9am and 5-9pm; Saturday, 9am-5pm and Sunday, 9am-3pm.

FITNESS ROOM AT FLEETWOOD-JOURDAIN CENTER For ages 18 and older

The Fitness Room is a bright, beautiful place to work out and it has what you need to get in shape or stay in shape: Tunturi exercycles, Precor Ergocycles, AeroStep Steppers, and a Trotter treadmill. Come by for a tour! Residents save money with our various membership options for adults: one year at \$210, six months for \$100 or one month for \$30. Sign up with a friend as an incentive to keep with the program. We are now offering a Family Partners Team package: if 4 members sign up together at \$65 each they will get a one-year membership to the FJCC Fitness Room! Closed Nov. 27-30. Questions? Please call 847/448-8254.

Location: Fleetwood-Jourdain Center
Age Level: 13 years and older (see column at right for reduced fees for teens)

Dates	Days	Time
Ongoing	M-F Sa	8am-8:30pm 8am-4pm

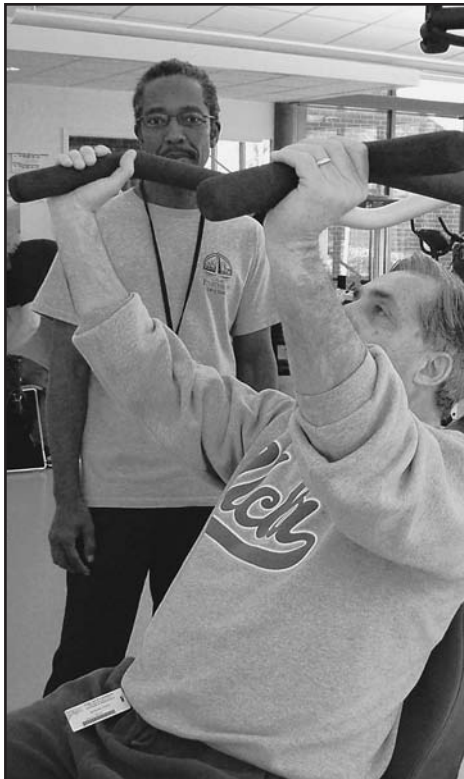
Scholarships are available to qualified Evanston residents for Evanston Recreation Division classes.



TEEN MEMBERSHIP – FJCC FITNESS ROOM

Teens age 13-17 are invited to join the Fitness Room at Fleetwood-Jourdain Center at a special discounted price! Encourage your friends to join, too, so you can work out together! 847/448-8254.

Fee per person: 1 year, \$150; 6 months, \$75;
1 month, \$20; Drop-in, \$3.



PERSONAL TRAINING AT THE LEVY CENTER'S FITNESS ROOM

You don't have to be a Levy Center member or a Fitness Room member to purchase a personal training package; the only requirement is that you're age 18 or older! You choose either 5 or 10 sessions, then choose 30-minute or 60-minute personal training sessions.

To receive the discount, you must pre-purchase a package (i.e., no discount if you buy sessions one at a time) and you must use the same trainer for all sessions. Sign up today at the Levy Center's office and you'll be on the road to a healthier tomorrow! Questions? Please call 847/448-8250.

Fee for 30-minute sessions: 1 session, \$26; 5-session package, \$116; 10-session package, \$226

Fee for one-hour sessions: 1 session, \$42; 5-session package, \$182; 10-session package, \$365.

PERSONAL TRAINING AT FLEETWOOD-JOURDAIN CENTER

Come and "get your workout on" with individualized personal training by our new Fitness Instructor, Marcell Wilson! You don't have to be a member of the Fitness Room to sign up for personal training, but you must be age 18 or older.

Marcell is a graduate of Chicago State University, with a Bachelor's of Arts degree from the School of Health, Physical Education and Recreation. Marcell also has his Certifications in NASM, ISSA and Coaching ASEP/NFHS. In addition to personal fitness instruction, Marcell is the instructor for the "Skip Dat" and "Cardio Fitness" classes at Fleetwood-Jourdain Center (see page 42).

The schedule for personal fitness instruction should be arranged with Marcell directly by calling 847/448-8254. To receive a multiple-session discount, you must purchase the package in advance (i.e., no discount if you buy sessions one at a time).

Personal Training Fees

30-minute sessions: 1 session, \$26; 2-session package, \$42; 5 sessions, \$116
One-hour sessions: 1 session, \$42; 5-session package, \$182; 10-session package, \$365.