

Fitness Center Hours of Operation

Monday – Thursday	5:30 a.m. – 8:00 p.m.
Friday*	5:30 a.m. – 6:00 p.m.
Saturday*	8:00 a.m. – 4:00 p.m.

* During the summer, the Fitness Center will be closed on Fridays and Saturdays.

The Fitness Center will be closed during all Harper College school closings.

Locker Rooms

Members have access to the locker room and may use their own locks. Locks and personal belongings must be removed from the locker rooms after each day of activity. Locks left on overnight will be removed.

Towels and lockers with locks are also available for rental.

Deposit	Per Semester	
Lock \$15	Lock and Locker	\$7
Towel \$15	Towel Service	\$13

- Your receipt should be presented to Equipment Room personnel for a towel and/or lock and locker.
- Deposits are refundable when towel and/or lock are returned to the Equipment Room. Upon returning towel and/or lock to the Equipment Room, a receipt will be issued as verification that items have been returned. Present receipt to the Wellness and Sports Center Division Office, Building M, Room 219 for refund.
- **No refunds are offered after the second week of class each semester.**
- At the end of each semester, articles will be removed from the lockers and held for a period of 30 days.
- Soiled towels can be exchanged for a clean one anytime the Equipment Room is open.

Memberships, lockers and towel services can be purchased at the Wellness and Sports Center Division Office, Building M, Room M219.

Fitness Center Equipment

As a member of the Harper College Fitness Center, you can exercise on the following machines:

- Cybex and Life Fitness selectorized resistance machines
- Precor and Iron Grip free weights
- Precor, Star Trac and Life Fitness elliptical cross-trainers
- Life Fitness treadmills and stationary bicycles
- Concept II rowers
- Cybex Arc trainers

Through the Harper Recreational Program, Fitness Center members are able to use other services and facilities such as:

- Gymnasium including indoor running track
- Swimming pool
- Free weight room

To learn more about the Harper Recreational Program go to harpercollege.edu.

For more information about the Fitness Center, contact:

Community Activities Coordinator
847.925.6963

Doug Spiwak
Director, Athletics and Fitness
847.925.6467
dspiwak@harpercollege.edu

Harper College is committed to the policy that all persons shall have equal access to its programs, facilities, and employment without regard to race, color, creed, religion, national origin, sex, age, marital status, disability, public assistance status, veteran status or sexual orientation. 14535 6/09AQ

Fitness Center

Membership Program



harpercollege.edu

 Harper College

Physical Fitness and Wellness

Regular exercise, proper nutrition, stress management and other good lifestyle habits are more important to you now than ever before.

At the same time, it is more difficult to find the time in today's fast-paced society to focus on your physical fitness and wellness. The Harper College Fitness Center is ideal for those who can devote three to five hours a week to improving their physical fitness because we offer facilities and equipment at a fraction of the cost of other centers.

Join the Harper College Fitness Center today!

Fitness Center Membership Options

General

One-Year Membership.....	\$165
Six-Month Membership	\$100
Three-Month Membership	\$70
One-Month Membership.....	\$30
One-Day Pass	\$5

Student

One-Semester Membership.....	\$30
Summer Membership	\$15
<ul style="list-style-type: none"> • <i>The student rate applies to currently enrolled credit students with paid activity fee.</i> • <i>Students must provide Harper student ID upon application.</i> 	

Employee

One-Year Wellness Membership	\$110
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Medical Clearance

Required for men 45 and older and women 55 and older. May be required for individuals with cardiac risk factors.

Harper College Fitness Center Rules and Regulations

1. Membership ID cards are required at all times while in the Fitness Center. The ID cards allows members to use all recreational facilities at designated times.
2. Only proper exercise attire is permitted in the Fitness Center. No hard soled or street shoes, jeans, cutoffs or other inappropriate clothing can be worn.
3. No personal gear such as books, gym bags, purses, coats, etc. will be permitted in the Fitness Center. These items must be kept in the Locker Room. Members must secure a locker by renting one for the semester or bringing a personal lock from home for daily use of a locker. If using a personal lock, the lock and personal belongings must be removed from the Lockers Room after each day of activity. Personal locks left on overnight will be removed.
4. Cell phones may be brought into the Fitness Center. While inside the Fitness Center, the cell phone ringer must be on silent or the cell phone must be turned off. If a member needs to make a call during a workout, it is requested that the member leave the Fitness Center.
5. Members may bring a personal music system with headphones such as a CD player, MP3 player, iPod, etc. to use during a workout.
6. No food or beverages are to be consumed in the Fitness Center with the exception of bottled water.
7. Hand towels are provided in the Fitness Center for personal use, but should not be removed from the Fitness Center.
8. Please report any equipment malfunctions to the front desk staff.
9. Members should wipe off the equipment when finished using it. Pre-moistened towelettes are located in the Fitness Center.
10. **No one under the age of 18 will be permitted in the Fitness Center.**
11. Smoking is not permitted in any of the Harper College buildings.
12. Proper conduct and etiquette must be observed.

