



FITNESS @ FRAC

NO CONTRACTS OR JOINING FEES!

DAILY, 15-PUNCH, MONTHLY OR ANNUAL MEMBERSHIPS AVAILABLE. Membership includes: scheduled rock wall hours, fitness center, walking/jogging track, basic land and water aerobic classes (schedules at the desk), open gym time, Sunday open badminton and pickleball, daily scheduled fitness lap swimming, activity room, lounge area with big screen TV, three racquetball courts, wally ball and locker room facilities.

The **fitness center** is a great place to relieve stress and improve your overall health and well-being. Center highlights include strength training, cardio, free weights, warm-up/stretching area and indoor 3-lane walking/jogging track. Members holders have access to certified personal trainers and a nutritionist for an hourly fee. Personal training and nutrition can be purchased in one-hour increments. For details, call 623-930-4600.

▪ Open **gymnasium** featuring **basketball**, **badminton** and **pickleball**. Schedules are available at the service desk.

▪ Drop-in **aerobics classes** are offered throughout the week and are included with a membership or day pass. Pick up your schedule at the service desk.

▪ **Fitness lap swim** Enjoy this great low-impact workout available year-round with the purchase of any membership. The Foothills Center lap pool is heated for your swimming comfort. Monthly schedules available at the service desk or online at www.glendaleaz.com/foothillscenter.



Now a Silver Sneaker® location!
Enjoy an active lifestyle, it's all included with your membership.

PLEASE NOTE

The Foothills Center requires all users, including day pass users, to provide identification and fill out required paperwork. A parent or legal guardian must sign off on paperwork for those ages 17 and younger.

foothills membership options

Only \$35 for adult resident monthly pass! **NO** contracts, **NO** joining fees. Or check out other pass options to best meet your needs! Stop in for a tour anytime!

Membership includes...

- Basic Aerobic Classes
- Fitness Center
- Racquetball Courts
- Open Badminton
- Open Volleyball
- Walking/Jogging Track
- Recreational Basketball
- Scheduled Fitness Lap Swim
- Basic Water Aerobic Classes
- Rock Wall
- Wally Ball
- Activity Room
- Locker Facilities

Purchase your pass at the center by using Visa, MasterCard, American Express, check or cash. Renew your membership with a credit card by calling 623-930-4600.

Glendale resident membership rates: A resident is based on physical address and zip code based on the city of Glendale boundary map. Proof of residency includes a current city of Glendale water bill along with picture identification. Please include a current copy of your Glendale water bill with your registration. No refunds or transfers of membership once purchased. Membership begins on the date of purchase.

MEMBERSHIPS	MONTHLY	ANNUAL	15-PUNCH	DAILY
ADULT (Ages 20-54)				
Non-resident	\$35	\$350	\$72	\$6
	\$42	\$420	\$96	\$8
2 PERSON				
Non-resident	\$60	\$600	-	-
	\$72	\$720	-	-
FAMILY				
Non-resident	\$70	\$700	-	-
	\$84	\$840	-	-
STUDENT (Ages 13-19)				
Non-resident	\$25	\$250	\$48	\$4
	\$30	\$300	\$60	\$5
YOUTH (Ages 5-12)				
Non-resident	\$20	\$200	\$36	\$3
	\$24	\$240	\$48	\$4
SENIOR (Ages 55+)				
Non-resident	\$25	\$250	\$60	\$5
	\$30	\$300	\$72	\$6
GROUP/CORPORATE	\$400	\$4000	-	-

Memberships are valid for 1-year from the date of purchase including Annual & 15-Punch passes.

**2 Person: Any two people residing at the same address. No refunds or transfers allowed.

***Family: Two adults plus unlimited, unmarried children residing at the same address, 20 years of age or younger. No refunds or transfers allowed.

****Group/Corporate: Maximum of 20 people, ages 9+ Group must include a minimum of 51% Glendale residents with proof of residency OR, payment must be in the form of a company check from a Glendale business. This Glendale business must pay their taxes to the City of Glendale. Proof is required. Group will submit one form of payment when registering. No individual refunds or transfers allowed.