

Membership Rates

All membership fees are subject to sales tax.

Pay for entire year

You can save money on your membership by paying for the full year at the time you sign up.

	Single	Family	Senior Single	Senior Family	College
Yearly membership	\$276.00	\$396.00	\$256.00	\$366.00	\$60.00
Discount	\$36.00	\$36.00	\$36.00	\$36.00	--
Amount due at sign-up	\$240.00 + sales tax \$256.80	\$360.00 + sales tax \$385.20	\$220.00 + sales tax \$235.40	\$330.00 + sales tax \$353.10	\$60.00 + sales tax \$64.20

Pay by the month

(1 year commment)

Monthly payment plans are set up as a direct debit from your checking account. Payments will be automaticall pulled from your account on the same day each month.

	Single	Family	Senior Single	Senior Family	College
One-time payment	\$30.00	\$30.00	\$30.00	\$30.00	--
Yearly membership	\$276.00	\$396.00	\$256.00	\$366.00	\$60.00
Amount due at sign-up	\$53.00 + sales tax \$56.72	\$63.00 + sales tax \$67.41	\$51.33 + sales tax \$54.92	\$60.50 + sales tax \$64.74	\$60.00 + sales tax \$64.20
Monthly payment	\$23.00 + sales tax \$24.61	\$33.00 + sales tax \$35.31	\$21.33 + sales tax \$22.82	\$30.50 + sales tax \$32.64	--

Fitness Center Membership Rules

1. Shirt and appropriate athletic shoes will be worn at all times.
2. Street shoes must be removed prior to using the equipment.
3. Not responsible for stolen items.
4. All equipment should be disinfected and wiped down when finished.
5. Please be respectful of other persons using the facility regarding the televisions.
6. Absolutely no food or beverages, except water, is allowed in the facility.
7. Please remember to turn off lights when leaving the facility.
8. Children under 14 are not allowed in the Fitness Center. Dependent children 14-15 must be a member and accompanied by an adult member. Dependent children 16-22 and full-time students may use the facilities without adult supervision as part of a family membership.
9. The following behaviors will not be tolerated:
 - theft or destruction of Fitness Center property
 - disrespectfulness of others, the facility, or equipment
 - derogatory actions or demanding remarks about race, creed, gender, or appearance
 - clothing that portrays graphic violence and/or language or is offensive
 - other behaviors deemed inappropriate
 - use of any tobacco product (cigarettes, smokeless tobacco, e-cigarettes) anywhere on Fitness Center property is prohibited
 - use of drugs or alcohol anywhere on Fitness Center property is prohibited
 - swearing
 - fighting
 - spitting
 - carrying or concealing any weapons, devices, or objects which may be used as weapons
 - harassment or intimidating behavior
10. No guests allowed - members only.
11. Replacement of lost key fob will be \$25.
12. It is recommended that members do not work out alone.
13. Please report any problems with the equipment, security issues, or other concerns to the City Clerk at 641-473-2582.

Gladbrook Fitness Center

303 2nd Street

(Behind the old fire station/library)



**Open 24 hours a day
7 days a week**

**A nice variety of fitness equipment
for any level of workout activity**

Membership required

Membership

Memberships are based on a 12-month (year) contract and required to use the facility. The fee for membership can be a full one-time payment or can be paid by a monthly automatic payment thru your financial institution. Paying the annual fee in full when signing up includes a discount while paying monthly does not and includes a one-time initiation fee.

When signing up and first payment made, you will be issued a key fob which allows you to access the facility. The device will open the door day or night every day of the week.

Weekly guest passes are available to members for the Fitness Center and are available at City Hall.

Membership to the Gladbrook Fitness Center allows use of the weight machines, cardiovascular equipment, dumb bells, and stability balls.

Your membership must be current to have access to the facility.



Fitness Center Equipment

The facility is equipped with over twenty state-of-art machines and cardiovascular equipment.

Weight machines are easy to use, and the amount of weight is easily adjusted with the placement of a pin.



Included are eleven pieces of user-friendly *FreeMotion* equipment that is circuit based and will provide you with a great core workout. *FreeMotion* machines get results no matter what style of training is done or at what level. With limited machine adjustments and an almost unlimited range of motion, these machines will accommodate users of any age and any experience.

To assist in your training program, the cardiovascular equipment includes

- 4 treadmills
- 3 ellipticals
- 3 upright bikes
- 1 recumbent bike
- 1 total body trainer
- 1 and senior trainer
- many dumbbells (up to 15 pounds)



The entrance to the Fitness Center is located on the lower level on the backside of the old fire station. Parking is available behind the library in front of the new facility. Please do not park in or block the alley.

For more information contact
Gladbrook City Hall
641-473-2582
clerk@gladbrook.org
