



## ~ FREQUENTLY ASKED QUESTIONS ~

**What are the hours of the Fitness & Aquatic Complex?** *The hours for the Fitness Center and Swimming Pool will be as follows:*

Monday – Friday      5 a.m. – 10 p.m.

Saturday                7 a.m. – 9 p.m.

Sunday                  7 a.m. – 8 p.m.

*NOTE: Summer and Holiday Hours to be announced.*

**Can I just purchase Membership to the Fitness Center and not the Swimming Pool?**

*The Fitness Membership includes access to the Indoor Swimming pool. The pricing for Membership is based upon admission into the Fitness Center and is competitive with area Fitness Clubs that do not have swimming pools. Including admittance into the pool is simply a bonus that is being offered to all members.*

**Do Seniors get a membership discount?**

*Yes, Seniors receive a 10% Discount off membership.*

**Is there a Daily Rate for the Facility?** *Yes.*

*There is a daily rate in place for those who would like to just come every so often.*

**Is there a walking track inside and if so, what is the fee for using it?** *Yes, there is a track inside that equals 1/10<sup>th</sup> of a mile in distance.*

*Entry is FREE for all Lemont Residents.*

**Is there a membership freeze program?** *Yes*

*we do have a membership freeze program for individuals with extenuating circumstances. For more information, contact the front desk.*

**What do I get for my one-time Enrollment Fee?** *Each member will receive a one-on-one Physical Assessment, Facility Orientation, One half-hour Personal Training Session, and a T-shirt!*

**What kind of equipment is in the Fitness Center?** *The Fitness Facility contains all new, state-of-the-art equipment—some of the most up-to-date pieces available! Complete with iPod docking stations and individual video screens, these machines make working out fun and entertaining!*

**Can I pay for my entire year's membership at once?** *Yes, Core Members can pay for a year's membership upfront. However, we offer a month-to-month automatic payment option, as there is not any annual obligation.*

**Is the indoor Pool heated?** *Yes, the pool is heated.*

**What is the age requirement for Sr. Citizen Membership?** *Member who are 60 years of age or older can take advantage of the Sr. Pricing.*

**What are "Group X" classes?** *Group X is an abbreviation for Group Exercise classes. Group X classes are included as part of the Core-Fit Memberships and can be attended by people that purchase a Pre-Paid Punch card.*



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**How many Group X classes are offered at The Core?** *There are a variety of over 50 classes offered weekly. Also, Group X Specialty classes will also be offered.*

**What are Specialty Classes?** *Specialty Classes are specialized programs that are not included in the "Group X" Fitness Classes. Additional fees apply.*

**Are there Fitness and Aquatic Classes that are geared toward Seniors?** *Yes, there are Fitness Classes that are specifically designed to be Senior Friendly.*

**Are there different prices for Non-Residents of Lemont?** *Yes, Non-Residents pay 10% to 15% more for Memberships than Lemont Residents. This substantial, yet reasonable amount helps offset costs for Lemont Residents but is still inviting for those not from Lemont to become members.*

**Will there be Childcare available?** *Yes, childcare is available for a fee. Reservations are required in person 48 hours in advance. For more information, consult the Childcare price sheet.*

**What if I do not want a membership but I still want to participate in Group X classes?** *A Pre-Paid Punch Card is available that is redeemable for 12 or 24 Classes on a Walk-in Basis. Also, for those who would not like to commit to the punch card or the 6-week class, there is a daily walk-in fee that includes Group X Classes.*

**How old do you have to be to join The Core?** *You must be in High School to join The Core.*

**Is there a Daily Rate for the Facility?** *Yes. There is a daily rate in place for those who would like to just come every so often.*

**What is the pricing for children who would like to visit the pool and the gym?** *There are "Open Gym" and "Open Swim" Daily Passes that can be purchased for Children under 18 years-old.*

**What is an Open Gym & Swim pass?** *There are "Open Gym" and "Open Swim" Passes that can be purchased for Children under 18 years-old that include access to all scheduled Open Gym and Swim Hours.*

**What is the difference between a Core and Core Fit Membership?** *A Core Membership includes access to the Fitness Center and Indoor Pool ; Open Swim and Open Gym; Member Only Events; Discounted Pricing and Early Bird Registration on Select LPD programs. A Core Fit Membership includes everything a Core Member receives plus ALL Group X Fitness Classes—over 50 offered per week!*