

# Extended Women's Only Swims

# NOW THREE


# Extended Men's Only Swims

# MEMBERSHIP OPTIONS...

# STARTING AT \$25

# Deluxe & Select Women's Only Swims

New Membership Type

| Membership Features   | Deluxe | Select | Standard |
|---|--------|--------|----------|
| Use of 3 fully equipped Fitness Centers<br>(Coed, Men's, Women's)   | ✓      | ✓      | ✓        |
| Use of Over 100 Cardio Machines   | ✓      | ✓      | ✓        |
| Use of Dumbbells, Free-weight's, Plate loaded and Selectorized Equipment  | ✓      | ✓      | ✓        |
| Use of Athletic Training Equipment, Exercise Balls, Medicine Balls, Jump Ropes, Flat, incline, & decline benches              | ✓      | ✓      | ✓        |
| Use of Indoor Track<br>(12 laps = 1 mile)   | ✓      | ✓      | ✓        |
| Use of Locker Room  | ✓      | ✓      | ✓        |
| Use of Whirlpool/Spa  | ✓      | ✓      | ✓        |
| Use of Sauna & Steam Rooms  | ✓      | ✓      | ✓        |
| Use of Heated 25 Meter Indoor Pool<br>1500 Meters 30 full laps or 60 lengths<br>Competitive swim mile 1500 meters             | ✓      | ✓      | ✓        |
|  Aqua Aerobic Classes                       | ✓      | ✓      |          |
|  Deluxe & Select Women's only Swim Sessions | ✓      | ✓      |          |
| Use of All Group Exercise Classes<br>Aerobics, Spin, Yoga & studio classes  | ✓      |        |          |
| Towel Service   | ✓      |        |          |
| Program Discounts<br>(LifePlex swim lessons, nursery, etc).   | ✓      |        |          |
| Guest Fees<br>with member present   | \$10   | \$15   | \$20     |
| Annual Administration Fee<br>Billed annually  | \$0    | \$25   | \$25     |

New and Extended:  
**Women's & Men's Only Swim Times**  
**Plus**  
**Select Women's Only Swim Sessions**

LifePlex is a flagship health club that is amongst the largest in America. LifePlex is a coed Fitness, Tennis, and Aquatic Club with additional Men's Only and Women's Only fully equipped private fitness centers within the facility. We feature Deluxe, Select and Standard Memberships to suit each member's individual needs.

**Paid In Full Memberships**

•Deluxe 12 Month \$599

•1 Month Deluxe \$99

**Student Deluxe**

•2 Months \$110

•3 Months \$159

•4 Months \$199

**EFT Monthly Memberships**

•Deluxe \$55 (check, debit or credit card)

•Select \$39 (checking acct.) \$44 (credit/debit card)

•Standard \$25 (checking acct.) \$29 (credit/debit card)

•\$25 Registration Fee Applies to Standard & Select Memberships (excluding student memberships)

•Member may cancel at anytime with Admin fee of: \$30 after 12 months or \$60 prior to 12 months

•A \$25 Admin fee is billed annually. (Standard & Select only)

**Membership agreement contains all terms & conditions**

**BIRTHDAY  
PARTIES**

**TENNIS  
2011/2012**

Other Program Information  
Contact Meryl Reffsin  
Program Director  
meryl.lifeplex@gmail.com

**SWIMMING  
PROGRAMS**