

FORD FIELDHOUSE Health Club

PLEASE COMPLETE BOTH SIDES

I understand that Grand Rapids Community College Ford Fieldhouse, staff, Grand Rapids Community College, the Grand Rapids Community College Board of Trustees, or anyone connected with the Ford Fieldhouse assumes no responsibility for any accident, injury, medical or dental expenses which I may incur while participating in recreational activities or any other related activity at the Ford Fieldhouse.

In addition, I understand that this membership is non-transferable and non-refundable and that posted Health Club hours are subject to temporary changes.

Signature _____

Date _____

MAIL OR DELIVER THIS COMPLETED APPLICATION TO:
GRCC Ford Fieldhouse
143 Bostwick Ave. NE
Grand Rapids, MI 49503-3295

Please allow one week for your application to be received and processed, and then visit the courtesy window at the Ford Fieldhouse Health Club Office to obtain your identification card and information packet.



Membership Options	Full Service \$175/yr	Non-Service \$125/yr	Month \$30/mo	Day \$5/day
Storage Locker	Perm.	Daily	Daily	Daily
Security Lock	■			
Laundry/Towel Service	■			
Indoor/Outdoor Track	■	■	■	■
Basketball Courts	■	■	■	■
Free Weight Room	■	■	■	■
Racquetball Courts	■	\$4/hr	\$4/hr	\$4/hr
Swimming Pool	■	■	\$2	\$2
Fitness/Cardio Room	■	■	■	■

Schedule of available hours are Monday-Friday only.

Track

6:00 a.m. to 8:00 a.m., 12:00 noon to 1:00 p.m., 6:00 p.m. to 8:00 p.m. Not available during scheduled events and occasional athletic team practices.*

Free Weight Room

6:00 a.m. to 8:00 a.m., 12:00 noon to 1:00 p.m., 3:00 p.m. to 8:00 p.m. Subject to class scheduling.

Swimming Pool

5:00 a.m. to 8:00 a.m., 10:00 a.m. to 1:00 p.m. These are adult lap swims only.

Racquetball Courts

6:00 a.m. to 8:00 a.m., 10:00 a.m. to 8:00 p.m. Reservation only. Subject to class scheduling.

Basketball Courts

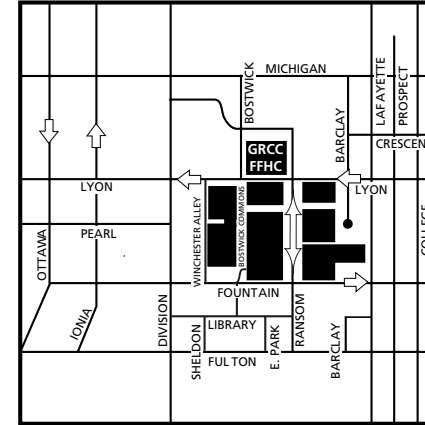
6:00 a.m. to 8:00 a.m., 12:00 noon to 1:00 p.m., 6:00 p.m. to 8:00 p.m. Not available during scheduled events and occasional athletic team practices.*

Fitness/Cardio Room

6:00 a.m. to 8:00 a.m., 12:00 noon to 1:00 p.m., 3:00 p.m. to 8:00 p.m. Subject to class scheduling.

*For further information call (616) 234-3990.

FORD FIELDHOUSE Health Club

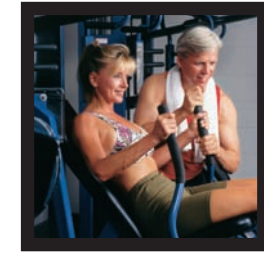


MORE SPECIFIC INFORMATION ON OUR FACILITIES IS AVAILABLE AT THE FORD FIELDHOUSE HEALTH CLUB OFFICE.

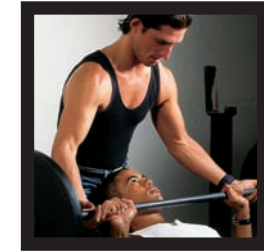


Grand Rapids Community College
 Ford Fieldhouse Health Club
 143 Bostwick Ave. NE
 Grand Rapids, MI 49503-3295
 Phone (616) 234-3990, Fax (616) 234-4262
 www.grcc.edu

Grand Rapids Community College is an equal opportunity institution and does not discriminate on the basis of gender, race, color, national origin, religion, height, weight, age, marital status, disability, sexual orientation, status as a disabled veteran or Vietnam Era veteran and/or any other legally protected class not heretofore mentioned, in any of its educational programs and activities, including admissions and employment. Further information may be obtained from the Director of Labor Relations & EEO/AA, 404A CPP, 143 Bostwick Avenue NE., Grand Rapids, Michigan 49503-3295. Telephone (616) 234-3453.

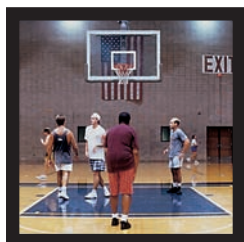
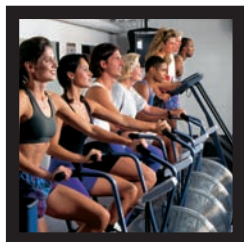


FORD FIELDHOUSE Health Club



The Grand Rapids Community College Ford Fieldhouse Health Club provides a facility with a well-rounded variety of opportunities to increase your health and fitness. We strive to provide a flexible environment to meet different needs and schedules.

- Indoor/Outdoor Tracks
- Basketball Courts
- Free Weight Room
- Swimming Pool
- Aerobic Classes
- Fitness/Cardio Room
- Racquetball Courts



FORD FIELDHOUSE Health Club

Membership in the Grand Rapids Community College Ford Fieldhouse Health Club is good for your heart, your overall health, and your pocketbook. Whether you're into group aerobics, running, swimming, weights and toning, or dunking, slamming or spiking a ball, you'll find an energizing environment here in the spacious Gerald R. Ford Fieldhouse.

Here at your community's college, we take pride in offering flexible and affordable programs that serve people all across our community. Take a few minutes to look over all we have to offer; we think you'll find just the right equipment, hours and membership options for anyone who wants to feel better, live better.

Indoor/Outdoor Tracks

The Ford Fieldhouse Health Club has the largest gymnasium facility in downtown Grand Rapids. The indoor track is 1/10th-mile long, four lanes wide, with a new state-of-the-art polyurethane surface for better traction and control when running. Our outdoor track is located one block east of the Health Club on Lyon Street and has a 1/5th-mile running track.

Courts

The gymnasium also houses our two full-length regulation size basketball courts, six half-court hoops, and full accommodations for up to four concurrent volleyball games.

Free Weights

For those interested in muscle strengthening and toning, our facilities include 10 benches and a full range of weights. Staff is available to offer guidance on equipment use.

Natatorium

The secret to a healthy body is getting a well-balanced workout, which should include cardiovascular exercise. And one of the best cardiovascular workouts is swimming.

Newly renovated in 1992, our T-shaped swimming pool has six 25-yard lanes for laps, and a 46' x 39' x 13'-deep diving area with two one-meter boards. Certified lifeguards are on duty during open swim period, plus morning and afternoon adult lap times. The pool has a capacity of up to 300 people but is rarely crowded, allowing you a refreshing swim at your own pace.

Aerobics

Aerobic classes held in the upper balcony, provide an opportunity for a full cardiovascular workout, as well as stretching and body toning. The classes offer a variety of choices, from low impact to power stepping. Our most popular aerobic time period is during the lunch hour, which followed by a cool shower, gives a refreshing, healthy alternative to the power lunch.

Fitness Circuit Room

Energy, stamina, high performance: these are common goals many of us strive to incorporate in our daily routines. A targeted workout can give you a balance of exercises to help you increase and maintain the energy level in your body. Our fitness circuit room has a wide variety of specialized equipment needed for an efficient workout. The Ford Fieldhouse Health Club has 26 fitness weight training

machines, 10 air-dyne bicycles, one Nordic Track, six treadmills, three stair-steppers, four elliptical cross-trainers and two incline boards. With that combination, you can concentrate on a full body workout.

Equipment

The Ford Fieldhouse Health Club has an Equipment Issue Room where various types of recreational equipment, such as basketballs, weight lifting belts, racquetball racquets, etc. may be checked out to members for daily use.

Racquetball

The Health Club also has five enclosed courts designed specifically for racquetball and/or volleyball. The courts are available by reservation only to ensure availability (call (616) 234-4263). Racquets are available at the Equipment Issue Room for no-charge, or a small fee depending on your membership. You must provide your own racquetballs and protective eyewear.

Locker Room Services

Depending upon the membership level you choose, there are a variety of options offered. Full-service health club members are assigned a permanent locker and combination lock. Our lockers are small box-type storage units for overnight storage. Inside the locker is a laundry bag and numbered pin. Deposit the filled bag in the laundry chute, and your laundry will be cleaned and returned to your assigned locker within 24 hours.

Membership

We provide four basic membership options to help meet your individual needs. The different amenities are listed on the membership option chart in this brochure. Please call us at (616) 234-3990 if you have any questions or need additional information.

Guests

Our guest policy is handled as a Day Pass which entitles the holder to the use of the fitness circuit room, track and basketball courts, free weight room, swimming pool facilities, along with racquetball courts for a small hourly rate. We recommend against bringing valuables into the Health Club.

FORD FIELDHOUSE Health Club

Membership Application

PLEASE COMPLETE BOTH SIDES

- New Applicant
- Renewal

Full Name _____

Address _____

City _____

State _____ ZIP _____

Home Phone _____

Business Phone _____

E-mail Address _____

Driver's License Number _____

MEMBERSHIP OPTIONS

(Amenities listed on back of brochure)

- Full Service, \$175/yr.
- Non-Service, \$125/yr.
- Monthly Pass, \$30/mo.
- Day Pass, \$5/day

PAYMENT

- Cash \$ _____
- Check \$ _____

