

The Greenwood Fitness Center

A Rehabilitation and Exercise Facility



Member Services

Hours of Operation

Monday – Friday:
6:00 a.m. to 10:00 p.m.

Saturday:
7:00 a.m. to 10:00 p.m.

Sunday:
1:00 p.m. to 5:00 p.m.

Welcome to the Greenwood Fitness Center!

The Greenwood Fitness Center's goal is simple: to provide a state-of-the-art exercise facility staffed by highly-skilled professionals in a supportive, healthful environment. By making a commitment to a healthier lifestyle, we believe members will experience an enriched quality of life. Our professional and compassionate staff looks forward to helping you reach your goals and realize the positive results of improving your health.

Facilities

Locker Rooms

Our locker rooms are clean, spacious, and well-equipped. Each locker area includes private showers, ample changing and grooming areas, sauna, and steam room. We encourage you to experience our sauna and steam rooms! Our complimentary amenities include towels, shampoo, conditioner, hair dryers, curling irons, and shaving crème. A bathing suit drying machine is also located in each locker room. These simple machines eliminate excess water and help prolong the life of your bathing suit. In addition, our lockers are equipped with an advanced keyless lock system, which ensures easy access to your belongings without having to worry about remembering your key or a lock combination. For your convenience, a limited number of individual lockers are available for rent on a monthly basis. Visit the reception desk for more information.

Exercise rooms

Our three exercise rooms are equipped with a variety of state-of-the-art exercise equipment,

including stationary bikes, treadmills, rowing machines, climbing machines, and weights.

Aquatic area

The Greenwood Fitness Center has three pools that are open to all members:

- An 85°F lap pool
- A 96°F therapeutic pool that is used for water therapy and relaxation
- A 102°F whirlpool

Classrooms

Greenwood Fitness Center classrooms are used for classes in aerobics, yoga, spinning, cardio-kickboxing, muscle toning, and other subjects. Class schedules are posted at the reception desk and in the aquatic and aerobic areas.

Heart-Smart Kiosk

The Heart-Smart Kiosk is located near the reception desk. The changing menu offers a variety of juices and delicious items for healthy recharging!

Services

Massage Therapy

You can expect the highest degree of professionalism from our dedicated team of massage therapists. All massage therapists are fully licensed and trained in a variety of therapeutic techniques. Whether you want a light Swedish massage for relaxation, a deep tissue massage following your workout, or a combination of techniques, you'll love this approach to better health. Never had a massage? You don't know what you're missing. The reception desk has information on appointments, massage techniques, and gift certificates. Massages make great gifts!



Community Education

The Greenwood Fitness Center offers a host of classes on health and wellness issues. Upcoming classes include:

- Proper nutrition
- Sports medicine
- Stress reduction
- Smoking cessation

For further information, consult the monthly events calendar available at the reception desk.

Personal Training

Ready to maximize your workout? The Greenwood Fitness Center offers certified, professional trainers in both our fitness and aquatic departments. These experienced professionals will help you make the most of your precious workout time. Our trainers have a broad range of fitness expertise. Information on trainers and their specialties is available at the reception desk.

Exercise Classes

We offer a wide variety of fitness and aquatic classes for all abilities and ages. Classes are taught by certified instructors and are free to members. Class schedules are posted at the reception desk and in the aquatic and aerobic areas.

Membership

Membership Rates

Membership in Greenwood Fitness requires payment of a one-time enrollment fee, plus a monthly membership fee. Enrollment includes:

- One hour assessment appointment
- Individualized fitness plan
- Facility orientation
- First month's membership dues

	Rate
Enrollment/Individual	\$100
Enrollment/Couple	\$150
Monthly membership/Individual	\$35
Monthly membership/Couple	\$60

Billing

For your convenience, we can automatically deduct membership dues from a credit or checking account on a monthly basis. Funds are withdrawn electronically on the third day of each month. A penalty is incurred for accounts with insufficient funds. Members who opt for statement billing will be billed every three months.

Vacation Rates

Going away for several months? No problem. All we ask is that you let us know thirty days in advance. For 50% of your normal monthly rate, we will hold your membership in good standing. Memberships can be held for a minimum of one month and a maximum of three months. Hold periods must be in full month increments.

Membership Cards

Please be prepared to present your membership card to the reception desk when entering the Greenwood Fitness Center. If your card is lost, please notify the reception desk as soon as possible. Lost or stolen cards can be replaced with proper identification. Membership cards are not transferable.

Guest Policies

We welcome member guests at any time. Please register your guests at the reception desk and allow a few extra minutes for your guest to complete a registration card. Each guest can access the facility twice in a six-month period. The charge for guests is \$10 per visit.

House Charges

As a benefit to members, the Greenwood Fitness Center provides house charge privileges. Charges will be deducted each month for members who have arranged for electronic payment of membership dues. Members who use manual billing for their monthly membership dues can enjoy house charge privileges by maintaining a positive balance on their account.

Cancellation of Membership

We request written notice of membership cancellation at least thirty days prior to the effective cancellation date. Though we'll be sorry to see you go, we will cheerfully assist you with the cancellation process.