



# Life Improvement Center



## Making changes for the better.

We all know the importance of maintaining a healthy lifestyle. Unfortunately, it can be difficult to break unhealthy habits and get into a routine of eating right and exercising on a regular basis. You may need a full-service, comfortable and friendly fitness facility to help develop the good habits that will lead to better long-term health.



OaklawnHospital

Life Improvement Center

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[www.oaklawnhospital.org](http://www.oaklawnhospital.org)



OaklawnHospital

ADVANCING MEDICINE  
COMPASSIONATE CARE

# Life Improvement Center



*A full-service, friendly and comfortable fitness environment can really help you to achieve your fitness goals. "Friends can be very motivating."*



## Get fit.

We know that many people don't know how they can fit another thing, let alone exercise, into their busy schedule. That's why we offer services and equipment for the hard-core fitness enthusiast, as well as those who are just trying to squeeze in some exercise amid everything else. We offer a personal training consultation based on your specific goals, convenient land and water fitness classes for all levels, free childcare and hours that accommodate the early riser, as well as the after work crowd.

- \* Cardio fitness - treadmills, stairclimbers, elliptical trainers, rowers and bikes
- \* Strength-training equipment - Cybex stacked weight system and free weights
- \* Massage therapy at a member discount
- \* Indoor basketball court
- \* An indoor warm water lap pool
- \* Clean, spacious locker rooms complete with whirlpools, saunas and steam rooms

**Day Pass** – Adult-\$8; Student-\$5; Child-\$3  
Punch cards are available for fitness classes and swimming

## Three Month Trial Membership

Individual: \$175; Family: \$265  
Senior/Student: \$120; Corporate: \$140  
Senior/Corporate Family: \$220



## Annual Memberships:

Type	Initial (+1st month)	Payment	Total
Individual	\$120	\$55 per month/ Pay in full	\$725 \$635
Family	\$171	\$86 per month/ Pay in full	\$1,117 \$980
Student	\$93	\$28 per month/ Pay in full	\$401 \$356
Senior or (Limited Hour)	\$101	\$36 per month/ Pay in full	\$497 \$447
Senior Family	\$140	\$55 per month/ Pay in full	\$745 \$664
Corporate Individual	\$110	\$45 per month/ Pay in full	\$605 \$535
Corporate Family	\$156	\$71 per month/ Pay in full	\$937 \$827

## Summer Hours:

(June 1 through August 31)  
Monday through Friday:  
5:30 a.m. to 8 p.m.  
Saturday: 8 a.m. to 2 p.m.  
Sunday: closed.

## Fall, Winter and Spring Hours:

(September 1-May 31)  
Monday through Thursday:  
5:30 a.m. to 9 p.m.  
Friday: 5:30 a.m. to 8 p.m.  
Saturday: 8 a.m. to 4 p.m.  
Sunday: 11 a.m. to 4 p.m.

## Membership descriptions.

**Family** membership includes husband and wife, or parent and one or more child(ren), 12-18 years old. Children 12 and under are allowed pool membership limited to special classes and adult-accompanied visits.



**Student** membership is for students age 12 through college.

**College students** must be taking 12 or more credit hours.

**Senior** membership is for people age 60 and up. For senior family memberships, all family members must qualify.

**Limited** membership includes full use of the facility between 9:00 a.m. and 3:30 p.m., Monday through Friday, and all day on weekends.

