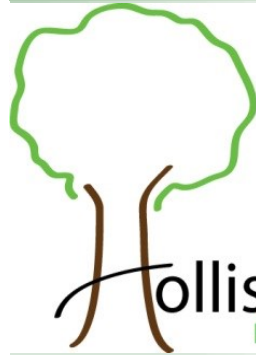


## **FITNESS RULES and REGULATIONS**

1. The weight machines, free weights and cardio equipment are available. Participants **14 - 15 yrs. must have adult supervision.**
2. Each person **must** check in at the Front Desk before using the facility.
3. **No food** is allowed in the Cardio Room, Weight Room, or Gym.
4. Lockers are available for rental to store your belongings. We are not responsible for lost/stolen/broken personal property.
5. All mats, dumbbells, and other equipment must be returned to their appropriate locations after each use.
6. **Do not** drop the weights or slam them together.
7. **Do not** rest on the strength training equipment when others are waiting.
8. Shirt, pants and tennis shoes are **required.**
9. Wear **clean** Gym Shoes on the Gym floor.
10. Please wipe down equipment after each use.
11. Foul language and inappropriate behavior are **not** acceptable. All members must conduct themselves in an appropriate manner. Failure to do so may result in membership revocation.
12. **13 yrs. and under require Adult supervision in the Gymnasium.**



**Hollis Park District**  
Parks and Recreational Services

### Hollis Recreation Center

#### Staffed Hours:

Monday—Thursday 8:00am—8:00pm  
Friday 8:00am—4:00pm  
Saturday 8:00am—1:00pm  
Sundays Closed

***Only Members with a prox card have access to the Hollis Recreation Center 24/7.***

***Guests are not permitted during non-staffed hours.***

Hollis Park District

#### ***Administration Office***

9424 S. Mapleton Road  
Mapleton, IL 61547

Phone: (309) 697-2944 press 1  
Fax: (309) 697- 3078  
Website: [www.hollispark.org](http://www.hollispark.org)  
Facebook: Hollis Park District

## Hollis Recreation Center

Staff Hours  
Rules and Regulations  
Membership Types  
Membership Rates  
Exercise Classes

10107 S Vine Street  
Mapleton, IL 61547

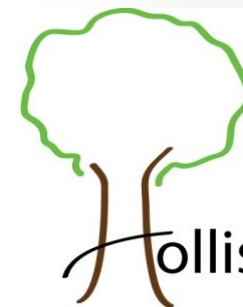
Phone: (309) 697-2944 press 1

Fax: (309) 697- 5411

Website: [www.hollispark.org](http://www.hollispark.org)



Facebook: Hollis Park District



**Hollis Park District**  
Parks and Recreational Services

## Membership Includes :



- Use of Cardio Room equipment including treadmills, elliptical, and bikes.
- Use of Weight Room equipment which includes free weights and machines.
- Use of Gym.
- Locker room and showers.
- During staffed hours, attendants can answer questions.
- Free Walk Fit class, Pickleball & Men's Open Basketball.
- **Prox cards** allow 24/7 access **and** are available to **yearly members** who are 18 yrs. & older . Cost is \$10.00.
- **No Guests or members without a Prox Card are allowed during non staffed hours.**
- Business discounts available for yearly memberships with an annual contract. **Excludes 30 visit & Gym memberships.**

## Membership Rates :

Payment can be made via cash, check or credit card. (A 3% fee added with debit or credit card).

MEMBERSHIP	RESIDENT	NON-RESIDENT
<b>YEARLY</b>		
Adult	\$200.00	\$250.00
Couple	\$300.00	\$350.00
Family	\$400.00	\$450.00
Senior Citizen (55 & up)	\$150.00	\$200.00
Senior Couple	\$225.00	\$275.00
Scholastic	\$120.00	\$170.00
30 Visit (up to 1 yr.)	\$50.00	\$50.00
<b>MONTHLY FITNESS</b>		
Single	\$30.00	\$30.00
Couple	\$55.00	\$55.00
<b>DAILY RATE</b>		
Single	\$5.00	\$5.00
<b>GYM</b>		
Monthly	\$30.00	\$30.00
Yearly	\$80.00	\$80.00
<b>LOCKER RENTAL</b>		
Monthly	\$10.00	\$10.00
Yearly	\$70.00	\$70.00

## Group Fitness Classes

### Walk Fit

Walk your way to better health with this low impact group exercise class for people of all ages. Daily Fee is \$2 (**Members Free**).

### Yoga

Enjoy relaxation, rejuvenation, Healing and strengthening all in one exercise class for people of all ages. Mon & Wed 7-8pm. There is a Monthly Fee or a Daily Fee to participate.

We offer classes for **Karate**, and **Judo** For more information please ask the receptionist or check out our website at [www.hollispark.org](http://www.hollispark.org)

**Pickleball** is offered on Tuesday and Thursday mornings. Cost is \$5. (**Members Free**).

**Men's Open Basketball** is offered on Tuesday and Thursday 6-8pm. Cost is \$5. (**Members Free**)

