



# ARBORETUM LAKES FITNESS CENTER

A **LifeStart** Center

Full Line of Cardio Equipment | Weight Room  
Core and Stability Area | Group Ex Studio  
Spin Classes | Sauna | Fully Stocked Locker Rooms  
Affordable Memberships!

## Membership Rates

Membership Type	Monthly Dues	Initiation Fees
Annual	\$45	\$50
Month-Month/no contract	\$45	\$100
Couple Annual	\$70	\$100
Couple Month-Month	\$80	\$150

Monthly memberships are paid through monthly EFT deductions via credit card or checking account. A 12-month commitment is required for all Annual Memberships. All enrollees are required to sign a Membership Agreement and Policy Acknowledgement prior to receiving Membership privileges.

## Services & Fees

Key Card Activation Fee - \$10    Daily Guest Fee - \$10

### Locker and Laundry

\$10 for locker    \$15 for locker/laundry    \$10 combination locks

### Personal Training

Single 30 minute session	\$30	Single 1 hour session	\$45
<b><u>30 minute packages</u></b>		<b><u>1-hour packages</u></b>	
10-session	\$250	10-session	\$400
20-session	\$440	20-session	\$700

### Nutrition Counseling

Initial Session \$65 45 min  
Follow-up sessions \$30 30 min (Packages available)

### Executive Training Upgrade

Unlimited Reserved\* (reserved appointment time) \$180 (as low as \$15 per session)  
\*Up to 12 half hour sessions per month

### Massage Therapy

	Swedish Massage, Deep Tissue, Sports Massage, Prenatal, Clinical Progression <b>60 min.</b>	<b>45min.</b>	<b>30 min.</b>
Member	\$70	\$50	\$40
Non-Member	\$80	\$60	\$50

All services must be paid in full and in advance via cash, check or credit card.  
All fees subject to change

## Club and Staffed Hours

Monday - Thursday  
5:30AM - 8:00PM

Friday  
5:30AM - 7:00PM

Saturday  
8:00AM - 12:00PM

901 Warrenville Road, Lower Level | Lisle, Illinois 60532  
630.810.0360 | [www.lifestart.net](http://www.lifestart.net)

**LifeStart**<sup>™</sup>  
WELLNESS NETWORK