

January - March 2016



# Your Membership at Aurora Wellness Center

An informational publication for our new and returning members

## Did You Know?

- All Group Exercise Classes (land, yoga, water and spin) are **included** with your membership. See the Group Exercise schedule for details.
- Family Time Fitness is **included** with your membership (Student memberships excluded). See the Family Time Fitness flyer for details.
- We offer discounted Senior, Corporate and Student membership rates.\*
- Member Appreciation Day is the second Wednesday of each month. You may bring in one adult guest free of charge (Student memberships excluded).
- We offer **free** childcare with the purchase of a family membership.\*
- You are able to place your membership on-hold up to 4 consecutive months for a nominal fee.\*
- If you and your family have been active AWC members for a continuous year, watch your mail for an Anniversary Card to be redeemed for guest passes.
- You can earn rewards for each new member you refer to Aurora Wellness Center.\*

\* See Membership Services for details.

## Fitness Facility hours:

262.767.7000

Monday—Friday 5am to 9pm  
Saturday & Sunday 6am to 6pm

## Family Time Fitness hours:

Friday 5:30 to 8pm  
Saturday & Sunday 1pm to 4pm

## Membership Services Office hours:

262.767.7159

Monday—Thursday 9am to 8pm  
Friday 9am to 6pm  
Saturday 8am to noon

Membership office open on Saturdays, Sept 12, 2015 - May 16, 2016

## Kids Korner hours:

262.767.7131

Monday—Thursday 8am to 8pm  
Friday 8am to 6pm  
Saturday 8am to noon

## Holiday hours:

Friday, Jan 1 New Years Day -  
Facility closed  
Sunday, Mar 27 Easter Sunday -  
Facility closed

# AWC's Calendar of Events

## January 2016

Sun	Mo	Tue	We	Thu	Fri	Sat
					1	2
3	4	5	6	7	8	9
10	11	12	13	14	15	16
17	18	19	20	21	22	23
24	25	26	27	28	29	30
31						

### January

- 1 New Year's Day - Facility Closed
- 4 New Group Exercise Schedule begins
- 4-21 Youth Foundational Training - Speed, Agility & Quickness
- 4-31 BODYPUMP Free Class pass, 1/4-1/31
- 5 Swim Club Diving Clinic, 5:30-7:30pm
- 7 Swim Club Turn Clinic, 5:30-7:30pm
- 9 Les Mills Launch
- 11 Winter Learn-to-Swim begins, 1/11—3/19
- 12 Winter Swim Club begins, 1/12—3/17
- 13 Member Appreciation Day
- 25-Feb 11 Youth Foundational Training - Speed, Agility & Quickness

## February 2016

Sun	Mo	Tue	We	Thu	Fri	Sat
	1	2	3	4	5	6
7	8	9	10	11	12	13
14	15	16	17	18	19	20
21	22	23	24	25	26	27
28	29					

### February

- 1-Mar 11 Burnout Blaster
- 8-12 Massage Gift Certificate Special
- 10 Member Appreciation Day
- 14 Valentine's Day
- 15 - Mar 3 Youth Foundational Training - Speed, Agility & Quickness

## March 2016

Sun	Mo	Tue	We	Thu	Fri	Sat
		1	2	3	4	5
6	7	8	9	10	11	12
13	14	15	16	17	18	19
20	21	22	23	24	25	26
27	28	29	30	31		

### March


- 7-24 Youth Foundational Training - Speed, Agility & Quickness
- 9 Member Appreciation Day
- 14 Spring/Summer Youth Aquatic Guide available
- 21-Apr 2 Spring Into Action
- 21 Spring Session Learn-to-Swim member registration, 9am-1pm & 4-7pm
- 21 Summer Kids Camp handouts available
- 23 Spring Session Learn-to-Swim member & non-member registration, 9am-1pm & 4-7pm
- 28-Apr 1 Spring Break Open Swim, 11am-3pm, \$5 per swimmer per day


## Corporate Membership


If the corporation you work for has five or more employees that are Aurora Wellness Center members, you may be eligible for corporate membership.

Corporate members receive a discounted enrollment fee and a reduced monthly fee. For additional information, contact Sue Daniels at 767.7159 or at [sue.daniels@aurora.org](mailto:sue.daniels@aurora.org).

## Student Membership

 Student must be between ages 15 and 25; if under 18, Parental Approval & Waiver/Release of Liability form signed by parent and student is needed.

 Valid Student ID, driver's license and, if a college student, a copy of your past semester's class schedule or grades (showing at least 12 credits).

 Student memberships:

- 3 months - \$110.00
- 1 month - \$ 42.04
- 1 week - \$ 23.12

## Locker room privacy—cell phone policy

Use of cell phone cameras or recording devices are prohibited in all locker rooms.

-Wisconsin Assembly Bill 8 (April 4, 2008)

The use of cell phones, cameras and other image capturing devices is strictly prohibited in the AWC's locker rooms, group exercise studios, cardiovascular and strength training areas.

You're welcome to use your cell phone in the lobby, hallways, and stairwells of the Aurora Wellness Center. Out of respect for your fellow members, and to avoid distractions that could lead to injuries on or around the equipment, we request that you do not use cell phones in the fitness areas, group exercise studios, and locker rooms. Of course, if you receive an emergency call while exercising, step away from the equipment first, then pick up the phone and make your way to the nearest lobby, stairwell or hallway.