

WEBSTER RECREATION CENTER

FITNESS MEMBERSHIP INFORMATION

		Non-Fitness	Basic Fitness	Premier Fitness	Punch Pass
*Individual 18 to 54 yrs of age	Resident, Webster Business Employee	\$5.00pp	\$336.00 (\$28/month)	\$420.00 (\$35/month)	10 visits - \$50 Non-refundable
	Non-Resident	\$10.00pp	\$396.00 (\$33/month)	\$480.00 (\$40/month)	10 visits - \$55
*Individual Senior 55+ or Active Military or Student 14-25 yrs	Resident, Webster Business Employee	\$3.00pp	\$300.00 (\$25/month)	\$360.00 (\$30/month)	10 visits - \$50 Non-refundable
	Non-Resident	\$10.00pp	\$360.00 (\$30/month)	\$420.00 (\$35/month)	10 visits - \$55
*Family (same household, children under age of 26)	Resident, Webster Business Employee	\$5.00pp	\$492.00 (\$41/month)	\$624.00 (\$52/month)	NA
	Non-Resident	\$10.00pp	\$552.00 (\$46/month)	\$684.00 (\$57/month)	
*Senior Couple/Family (same household one person must be 55 +, children under age of 26)	Resident, Webster Business Employee	\$3.00pp	\$408.00 (\$34/month)	\$492.00 (\$41/month)	NA
	Non-Resident	\$5.00pp	\$468.00 (\$39/month)	\$552.00 (\$46/month)	
*Silver & Fit Ages 65+	Resident, Webster Business Employee		NA	\$25.00 annual fee paid directly to WPRD	NA
	Non-Resident				
*Aetna - FREE	Non-Resident				
*Silver Sneakers Ages 65+ Prime Health Ages Under 65	Resident, Webster Business Employee		NA	Paid by insurance provider	NA
	Non-Resident				

Non-Fitness Membership

This membership includes access to our open gym times, game room and designated walking times (**excludes pickleball**). Anyone 12 and under are not required to have a non-fitness membership but must be accompanied by an adult at all times. The adult must have a non-fitness pass.

Basic Fitness Membership

Excludes all fitness /activity classes. This membership includes unlimited access to the fitness center, racquetball and pickleball court reservations.

Premier Fitness Membership

This membership includes all basic membership benefits and discounted classes listed below:

Free Unlimited Classes:

Arms & Abs	Butts & Guts	Swedish Fitness	Strength and Conditioning
Bootcamp	Fitness w/ Gina	ABSolute Core	Youth Strength and Conditioning
Cardio Strength	Tabata Training	Endurance	Beginner Bootcamp w/ Gina
Heavy Bag Boxing	Corrective Posture	Move Well	Iyengar Based Yoga
Vinyasa Yoga	Pilates Mat	Beginner Yoga	Men's Open Basketball
Competitive Badminton	Men's Indoor Soccer	Volleyball	Pickleball (excludes lessons & ladder league)

Discounted Classes: [\(see Webtrac for pricing\)](#)

Kettlebell Sport	Zumba Fitness	Hiit it with fitNessa	Beachbody Fit Club
Pilates Infused Yoga	Sun Tai Chi Advanced	Tai Chi Arthritis	

Drop in Fee:

\$5.00 per visit—access to fitness center or racquetball courts
\$10.00 access to free classes listed above (does not include discounted classes) or pickleball reserve a court

Punch Pass:

Allows access to fitness center, racquetball courts, noon basketball and pickleball reserve a court only. Cannot be used towards programs.

Personal Training Packages: See back for more information

Personal Training Packages

Hourly	Member	\$35.00
	Non Member	\$40.00
5 Sessions	Member	\$165.00
	Non Member	\$175.00
10 Sessions	Member	\$320.00
	Non Member	\$340.00
12 Sessions	Member	\$372.00
	Non Member	\$396.00
16 Sessions	Member	\$480.00
	Non Member	\$512.00
Partner Training	Member	\$50.00 per session
	Non Member	
Group Training	Member	\$80.00 per session
	Non Member	(3- 5 people)

Fitness Facility

- 3,500 square foot state of the art fitness center that includes :
 - *Five televisions with cardio theater
 - *Treadmills, ellipticals and stationary bikes
 - *Free weight area with Olympic benches and Olympic lifting platform/station
 - *Selectorized strength circuit
 - *Cable functional trainers
- Men and women's locker rooms with showers
- Two racquetball courts
- Gymnasium with two full-sized basketball courts
- Outdoor lighted tennis /pickleball courts and basketball court
- Outdoor one-mile paved walking/running trail

Fitness Center Age Guidelines

- Children 10 and under are not permitted in the fitness center.
- Children between the ages of 11 - 13 years old MUST be supervised by parent or guardian at all times and after the completion of a one time 20 minute orientation with a fitness staff member.
- Members 14+ may use the fitness center unsupervised after completing an orientation with a fitness staff member.

Silver & Fit and Silver Sneakers are considered a Premier Membership (Level 3)

SILVER&FIT (EXCELLUS) \$25 for the calendar year (January 1 to December 31)

Silver&Fit is a fitness program designed specifically to help older adults achieve better health through regular exercise and health education. Silver&Fit provides eligible members with fitness memberships and older adult oriented group exercise programs *at no additional cost* through arrangements with certain health plans. **The \$25 annual fee is now paid to WPRD.** Register with us and you'll enjoy all of the benefits of an Annual Member in addition to the Silver&Fit Experience programs that are offered. Silver&Fit is a product of American Specialty Health, Inc.

SILVER SNEAKERS (MVP HEALTHWAYS)

The Silver Sneakers Fitness Program is an innovative health, exercise and wellness program helping older adults live healthy, active lifestyles. Get fit, have fun, make friends! Stop in to our office to sign up. Your Annual Membership will be completely free and give you all of the benefits offered to an Annual Premier Member of our fitness center. Take advantage of what your health care plan has to offer and get fit and healthy.

Many other insurance companies qualify for Silver&Fit and Silver Sneakers memberships. Please inquire within to check eligibility.

Cancellation Policy:

It is the responsibility of the member to notify Jenny Hutchins at jhutchins@ci.webster.ny.us in writing prior to the 15th of the month that you wish to cancel, as we offer NO INSTALLMENT BILLING REFUNDS. You will also be cancelled out of any membership benefit class that you are enrolled in at the time of membership cancellation, and classes are non-refundable. You will be allowed to cancel a membership once within a calendar year without a fee. Should you cancel two or more times within a calendar year, you will be assessed a \$50.00 cancellation fee. A cancellation fee is not assessed to CHANGES in a membership status/type. * Annual payment members will have a \$25.00 fee retained if cancelled within 6 months of joining.