



Northwest Recreation FITNESS CENTER

1300 West 300 North Salt Lake City, Utah 84116 (801) 596-0072



Memberships & Passes

Daily Admission:	Fitness Area	Combo	Aerobics (16+)
Youth 14 - 17	\$4.50	\$5.50	\$4.50
Adult 18 - 59	\$4.50	\$5.50	\$4.50
Senior (60+)	\$3.50	\$4.50	\$3.50

Monthly Fees:	Fitness Area	Combo
Adult (16 & up)	\$25	\$30
Family Pass (2 Member)	\$45	\$55
*Each Additional	\$6	\$6
Senior (60 & over)	\$20	\$20
Senior Couple	\$40	\$45

Six Month Fees :	Fitness Area	Combo
Adult	\$90	\$120
Family Pass (2 Member)	\$160	\$195
*Each Additional	\$13	\$17
Senior (60 & over)	\$85	\$105
Senior Couple	\$120	\$150

Annual Fees:	Fitness Area	Combo	**Gold
Adult	N/A	N/A	\$316
Family Pass (2 Member)	N/A	N/A	\$495
*Each Additional	N/A	N/A	\$25
Senior (60 & over)	N/A	N/A	\$125
Senior Couple	N/A	N/A	\$185

***Monthly Bank Draft:	Fitness Area	Combo	**Gold	Yearly Total
Adult	N/A	N/A	\$30.17	\$362.04
Family Pass (2 Member)	N/A	N/A	\$47.17	\$566.04
*Each Additional	N/A	N/A	\$2.50	
Senior (60 & over)	N/A	N/A	\$12.09	\$145.08
Senior Couple	N/A	N/A	\$17.50	\$210.00



MEMBERSHIP DEFINITIONS:

FAMILY - A family consists of up to two adults and/or children, age 21 and under (up to age 25 upon proof of full-time student status), who are living in the same residence, are related, and can be claimed as dependants for tax purposes.

***EACH ADDITIONAL** - Each additional consists of the definition of "family" and can be used once 2 people of the same family have purchased the adult family of 2 rate.

SENIOR - A senior is an individual who is 60 years of age or older. A senior couple membership may be purchased if both individuals meet the age requirements. The Senior Pass can also be used at all participating Salt Lake County Recreation Facilities.

COMBO A Combo Pass is a combination of two the Fitness Area and Aerobics classes.

** **GOLD/(ALL COUNTY PASS)** - The gold pass can be used at all Salt Lake County Recreation Facilities. The gold pass includes the use of the facility's fitness room, pool, and all land/water aerobics classes.

*** **MONTHLY BANK DRAFT** - The monthly bank draft will allow you to have an automatic payment made through your bank account. You must sign up for an annual pass to take advantage of this option.



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CLASSES OFFERED

Kickboxing Cycle
 Therapeutic Exercise Yoga
 Step 30 Min. Abs Tai Chi
 Zumba



Fitness Room Hours

Monday - Thursday
6:00 AM - 9:00 PM

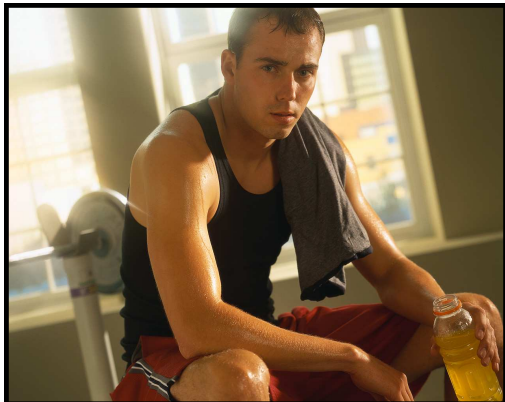
Friday
6:00 AM - 8:00 PM

Saturday
9:00 AM - 5:00 PM

Sunday
12:00 PM - 5:00 PM



	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Therapeutic Exercise	8:00 AM		8:00 AM		8:00 AM	
Step						9:00 AM
Zumba				6:00 PM	9:30 AM	
Cycle	6:00 PM					
Kickboxing			6:00 PM			
Tai Chi <small>(\$10 donation per month)</small>						
Yoga	7:00 PM					
30 Min. Abs			7:00 PM			



Hours & Classes

Northwest Recreation Center
 1300 West 300 North
 (801) 596-0072
www.recreation.slco.org/northwest