

north shore senior center

Fitness Center Membership

Membership includes:

- Access to certified exercise specialists
- Fitness assessment, orientation, and personalized fitness program
- Cardiovascular and strength training equipment
- Locker rooms, towel service, and shower amenities
- Keycard (for early morning access to Fitness Center)

Membership fees and options:

	NSSC Member	Basic
Enrollment Fee	\$50	\$50
12-Month Individual	\$350	\$520
12-Month Couple	\$650	\$990
6-Month Individual	\$220	\$300
6-Month Couple	\$340	\$580
3-Month Individual	\$140	\$165
Daily	\$15	\$15

Membership fees can be paid with Visa, MasterCard, cash, or check.

Hours of Operation:

Monday - Friday 7 a.m. - 4 p.m.

Saturday 8 a.m. - 1 p.m.

Last call for exercise is 30 minutes prior to close

847.784.6003

www.nssc.org