

STAFF INFORMATION:

Bradley Griffith - Director

April Martinez - Director of Recreation & Outreach Programs

Gretchen Kohlhaas - Logan Fitness Specialist

Contact Us:

Phone: (618) 985-2828 Ext. 8502 or 8328

Email: loganfitness@jalc.edu

Website: www.jalc.edu/loganfitness

Follow Logan Fitness on Facebook, Instagram, or Twitter

LOGAN FITNESS HOURS*

FITNESS CENTER HOURS

Monday – Friday	5:30am – 8:30pm
Saturday	5:30am – 6pm
Sunday	12pm – 6pm

AQUATIC CENTER HOURS

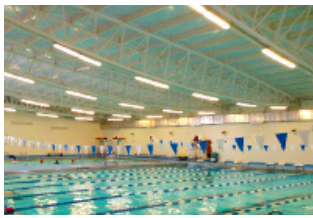
Monday – Friday	5:30am – 9am 11am – 1pm 3pm – 5pm (Tues/Thurs only)
Saturday	6:30pm – 8:30pm 5:30am – 10am

*Hours subject to change during holidays and intersession periods.



CORPORATE MEMBERSHIP

 **LOGAN**
FITNESS



CORPORATE MEMBERSHIP OPTIONS

Four different levels of corporate membership are available at Logan Fitness.

Level 1	up to 6 employees	\$1,500
Level 2	up to 15 employees	\$3,375
Level 3	up to 25 employees	\$5,000
Level 4	unlimited # of employees	\$7,000

Corporate memberships are valid for one year and may be initiated at any time. Membership for each participant will begin on the day the corporate membership payment is received and will expire exactly one year following. For example, if the payment is received on March 15th, 2021, all participating employees will have access to Logan Fitness through March 15th, 2022.

Activation

To activate a corporate membership, the following steps will be completed:

1. The business/organization purchasing the corporate membership will receive an agreement form. This form will be completed, signed, and returned to Logan Fitness.
2. An invoice will be issued to the business/organization for the amount corresponding to the level of corporate membership selected.
3. Once payment has been received, employees may contact Logan Fitness individually to register for their one-year corporate membership. Employees must show proof of employment (name badge, pay stub, etc.).
4. Employee registration will be on a first come, first serve basis. Once the maximum number of employees have registered, per the level of membership selected on the agreement form, any additional employees wishing to utilize the facility must pay the community rate for their own private membership. This excludes the level 4 corporate membership, which allows for an unlimited number of employees to join.

Accountability

Want to hold your employees accountable for utilizing the facility? Logan Fitness can provide, upon request, visit logs of all employees to help you track the value of your investment.

Get Started/Questions

Corporate membership agreement forms are available at www.jalc.edu/loganfitness/memberships. Agreement forms may be submitted to loganfitness@jalc.edu. For questions, please contact Bradley Griffith, Logan Fitness Director, at (618) 985-2828 Ext. 8504 or bradleygriffith@jalc.edu.

REASONS TO PURSUE A CORPORATE MEMBERSHIP

Healthy, happy people are better employees. A well-rounded wellness program, one that includes a Logan Fitness membership, is attractive to current and potential employees.

An estimated 25-30% of companies' medical costs each year are spent on employees with excess, often preventable, health risk.

Other wellness program benefits:

- Increased morale
- Increased productivity
- Decreased absenteeism
- Increased energy
- Reduced health care costs
- Improved self-confidence
- Reduced stress
- Elevated mood

A LOGAN FITNESS MEMBERSHIP INCLUDES

Fitness Center

The Fitness Center includes weight machines, free weights, treadmills, ellipticals, stair climbers, rowing machines, and a 1/16 mile walking track.

Aquatic Center

The Aquatic Center consists of two pools. The 8-lane lap pool is kept at 83 degrees and ranges in depth from 3.5 feet to 10 feet. The therapy pool is kept at 92 degrees and ranges in depth from 1 inch to 5 feet.

Locker Room/Sauna

Logan Fitness members have access to showers and locker rooms. Each locker room, both men's and women's, also includes a sauna for member use.