

10 REASONS TO JOIN

1. convenient locations, quick workoutsWith over 400 24 Hour Fitness clubs nationwide, there's bound to be a location near you. And because many clubs are open 24 hours, it's convenient to get a quick workout at any time...

2. a club for every lifestyleWith five types of clubs to choose from, you can select a 24 Hour Fitness designed for the way you work and play. However you live, we offer a way to shape up.

3. a membership for any lifestyle and budgetTravel all the time? Prefer working out on the weekend? Have a flexible schedule? Need short-term access to a fitness center? However you live, we offer a way to stay in shape.

4. flexible payment options and discountsYou can either pay by the month or prepay your entire dues up front. And, couples and families are eligible for discounted memberships.

5. all the amenities you want24 Hours Fitness provides a variety of amenities for getting fit. Free weights, group exercise classes, basketball, rock climbing, swimming pool, steam room, tanning, running track – the list goes on.

6. reach your fitness goals soonerLose weight, gain muscle, feel more alive. Whatever your goals, our personal trainers eliminate the guesswork involved in structuring a fitness program, which helps you shape up sooner.

7. a variety of group exercise classesMix up your fitness routine with our fun and invigorating Group X classes. There are so many options, you can try a different class every time you workout

8. we like kidsNow you can workout with peace of mind while your children have fun. Bring them to the Kids' Club. *(not all clubs have Kids' Club)*

9. easypayUse your membership card to pay for in club purchases.

10. signature athlete clubsSignature athlete clubs reflect the drive and passion of our athlete partners.



Downtown Sport Club

700 N Harwood 10th Floor

Dallas Texas 75201

214.220.2423



An Exciting Benefit for Students of Texas Tech School of Pharmacy



FREE CLASSES



cardio classes Our cardio classes will get your heart pumping!

strength classes Strength training builds muscle, burns fat and improves bone density. You'll not only burn 400-600 calories* during your strength training workout, you'll also maintain a significant metabolism boost throughout the day.

free fitness tools

Get results sooner. We offer great tools to help you accomplish your goals.

Body Mass Index: knowing your body mass index (BMI) is a great way to calculate your weight.

Calorie Burn Calculator: find out how many calories you burn doing your favorite activities.

Resting Metabolic Rate: ever wonder how many calories you're burning just sitting there? This tool will help you find out.

Daily Calorie Needs Calculator: knowing how many calories your body is using throughout the day can help adjust your intake to reach your goal.

CORPORATE ID 96886CORP



One Club Membership

	Initiation fee	Dues
Employee	0.00	9.99
Add on	49.00	20.99

All Club Sport Membership

Employee	0.00	14.99
Add on	49.00	20.99

These are "pay as you go" dues memberships (no long-term contract).

Dues may either be paid monthly through electronic funds transfer or annually.

Please bring business card, current pay stub, or badge as proof of employment (required at time of enrollment).

1st and last months dues and applicable family add-on enrollment fee payable at time of enrollment.

CORPORATE WELLNESS

great for employees...

- Feel better and have more energy
- A great addition to your health benefits
- Discounted monthly dues
- No processing fee
- Year round open enrollment
- Monthly payment memberships

great for employers...

- Happier and healthier employees
- Improved productivity and morale
- Reduced absenteeism and turnover
- Annual fee based on employee population
- Seamless enrollments and seminars...we come to you and provide all materials

local corporate directors

Our Corporate Wellness programs can help you improve your bottom line..

Contact Information:

Michael Przekwas

Membership Counselor

Downtown Sport Club

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