

"Do you think going to the Fitness Center is doing me any good?" I have asked my husband that question many times.

Then February 23rd of this year I fell and broke my hip. After the surgery the nurses and the physical therapists all said I was "ahead of schedule." Laughing, I would respond

"Maybe it was all that walking at the gym." Each one of them said, "That's it!!!"

Actually, I had the answer to my question a couple of years ago. Our dinner reservations at a restaurant in Chicago were delayed. We walked all over the downtown for two hours. I wasn't tired at all. Before we joined the Fitness Center in 2007, I could not have done it.

Life Fitness Center Membership Rates

July 2019 -June 2020	Annual	Monthly	6 Month	1 Month	Daily
Adult	\$435	\$36.25	\$305	\$62	\$11
Senior *	\$340	\$28.33	\$230	\$50	\$8
Senior Couple	\$564	\$47.00	\$405	\$72	\$10
College *	\$290	\$24.17	\$190	\$45	\$9
Youth *	\$220	\$18.33	\$160	\$30	\$5
Family	\$720	\$60.00	\$510	\$95	\$16
SPF	\$558	\$46.50	\$390	\$70	\$13
Couple	\$590	\$49.16	\$425	\$77	\$12

* Senior (60+), College (Valid ID), Youth (18 and younger)

FACILITY RENTALS

Portions of the Life Fitness Center are available to rent on a limited basis for approved activities. Rent out the aerobics room, meeting room, or a gym court (insurance may be required). Our membership is a priority, so please call Nathan Pittman at 563.344.4111 for availability and pricing!

ACTIVE WELLNESS WEEK

October 21-25, 2019 FREE fitness and wellness activities going on all week. See schedule at the LFC front desk or call 563.344.4119

PARTY PACKAGES

All packages available only: September - May
Fridays 5-7:15pm, Sat/Sun 2:15-4:30pm

PIZZA & GAMES PACKAGE \$175

Pizza Party: Basic rental + paper products, 4 single-topping Papa John's pizzas, five 2-liters of pop OR 4 packs of juice boxes, HyVee birthday cake OR big cookie. Clean-up included.

Games: We will host games in the gym like kickball, tag, soccer, capture the flag or your kids' favorites by request. Ages 7-12.

BASIC PARTY ROOM RENTAL \$35

Rent our party room for up to 2 hours and 24 guests. Renter provides all food/party supplies and is responsible for clean-up. Gym admission not included.

FUN EXTRAS

Add a deluxe themed cake, pinata or thank you cards - just ask for prices.

Host your next party with us.

You choose the activities and we'll supply the equipment. The party package includes pizza, pop, cake, nametags, and invitations. See our party flyer for further package details. Contact Lauren Melik at 563.344.4119 or lmelik@bettendorf.org for more information and to book your party today!

EARLY CLOSING SCHEDULE

November 27 at 5pm
Christmas Eve at 1pm
New Year's Eve at 5pm

WINTER CLOSINGS

November 24, November 28, December 25, January 1, April 12, and May 25



YOUTH & ADULT KAYAK CLASSES

Throughout the fall and winter, we will be offering indoor youth and adult kayak classes! Learn the basics and techniques needed to safely get the most out of this popular recreation activity. These 2-hour classes will be led by certified instructor, Kyle Colson, and he will provide the kayaks for participants to use! Youth classes are for ages 12 - 16 and Adult classes are for 18+, and class fees are \$50. More information on dates will be sent out in September. Be on the lookout!

PICKLEBALL

We are excited to announce that we now offer pickleball Monday-Friday from 7:30am-1:00pm, Saturdays 1:30-3:30pm and Sundays 9:30am-1:00pm. We will begin offering it for the season the first week in October. We typically have six courts available for use, and our season goes from October to the end of May. Free with an LFC Membership or \$4 for non-members.

