Sam’s Gym:

Membership Information

Last updated: January 2, 2022

Updated by: Firstname Lastname

Director of Membership

# This is the picture of a gym facility that you inserted from your student data files folder and the filename is w02c1SamGym.jpg.INTRODUCTION

Welcome to Sam’s Gym! Sam Goodly was a high school football coach for many years. He founded this gym five years ago when he decided to devote his life to helping others take care of their health by providing a rigor exercising regime while having fun.

Mission Statement

Our mission is to have a positive impact on our member’s lives and maximize the resources of our community. We will provide the best possible fitness to meet our members’ needs through innovative group exercising classes and unique individual training programs.

# FACILITY DESCRIPTION

The gym is founded by Sam five years ago, and it is located on 5 acres of prime land with a big lake in the middle of the land, and conveniently located near a business park. Walking around the lake is such a relaxing activity to do during lunch hours. We have two Olympic-sized swimming pools with many shower and changing rooms, a gym, a basketball court, playground, teen’s center, day care center, massage parlor, sauna, and five 82" high resolution TV screens installed in various locations of the building.

Address:

4509 Pine Valley Road

Franksville, VA 23012

## Operational Hours

Monday-Friday 6:00 am – 10:00 am

Saturday 6:00 am – 8:00 pm

Sunday 6:00 am – 8:00 pm

## Holiday Hours

To allow our employees the opportunity to enjoy their holidays, the gym is closed during the following holidays:

New Year’s Eve

New Year’s Day

Easter Sunday

Memorial Day

Independence Day

Labor Day

Thanksgiving Day

Christmas Eve

Christmas

## Childcare Hours

We are able to accept children between 1 and 9 years old during the following hours while a parent is in the facility.

Monday-Friday 7:00 am – 7:00 am

Saturday 9:00 am – 6:00 pm

Sunday 9:00 am – 6:00 pm

# MEMBERSHIP FEES

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| --- | --- |
| Membership Type | Monthly Membership Fee |
| Youth (10-17 years) | $10 |
| College Students (18-25) | $40 |
| Adults (26-60) | $50 |
| Family ( | $100 |
| Seniors (66+) | $30 |

# ACTIVITIES

Sam’s Gym provides a variety of activities to help members keep their body in shape. Members can train in a class with other members or privately with an expert training staff. Members can put their young children in our daycare center while they participate in activities in our facility.

## Group Exercise Class Description

The following classes are suitable for beginners or senior citizens:

* Gentle Strength: This exercise will teach you how to incorporate music into a variety of exercises to increase your muscular strength while doing activities at home.
* Gentle Yoga: Yoga helps your body move through a series of seated and standing poses while maintaining balance of your body and bring flexibility to your posture.
* Gentle Cardio: Older citizens can improve their cardiovascular fitness using low impact routine.
* Gentle Body Pump: Learn to use the right weights and how to lift the weights correctly.
* Gentle Steps: This workout builds on the combination of steps to help members enhance their coordination while burning calories and maintaining bone density.
* Gentle Zumba: This exercise is modified for older citizens with low impact Zumba moves.

The following classes are suitable for intermediate participants:

* Barre: This class is a fusion of Pilates and Barre.
* Body Pump: This strength training class will help to strengthen, tone, and increase your muscles.
* Body Sculpt: This is a high impact exercise class that uses a variety of training equipment such as body bars and dumbbells.
* Cycle: We will cycle indoor to energic music.
* Pilates: Members who love yoga will love Pilates too because this intermediate class expands on core strengthening and stretching.
* Power Shape: This class is a combinate of body sculpting and yoga.
* Total Core: This class focuses on strengthening your lower back.
* Tai Chi: This class will help you find peace and calm using slow, rhythmic, meditative movements.
* Zumba: You will dance to rumba, samba, and Latin music to improve your dance steps while burning calories.
* Hip Hop: Dance to R&B and club music while burning calories.

## Individual Training Packages

Members who prefer to train individually with one of our training experts may purchase any of the following packages:

1. A package of 6 1-hour sessions: $360
2. A package of 8 1-hour sessions: $400
3. A package of 10 1-hour sessions: $450
4. A package of 12 1-hour sessions: $480