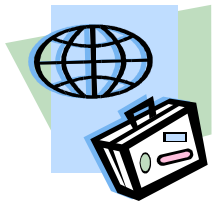


# HLFC Update

## ***Where in the world is Marta?!***

Marta is still here, she's just a little trickier to find. If you read the HLFC Facts, you know our membership has grown tremendously. Marta found that she needed a new space to cope with all the paperwork that goes with progress. If you need to make a payment or ask a question – or stop in to say hello – turn left before you enter the Fitness Center and Marta's office is on the left.



## **Tis the season... ...for vacations!**

Soon the Fitness Center staff will be taking some much deserved vacation time. While they're away, the Trainers on duty might not be able to spend as much time with you as they normally would. You may want to consider changing your workout time to a less popular time until we're back to full staff... We appreciate your patience and understanding!



## **Back in the day....**

The Healthy Lifestyles Fitness Center continues to offer the most comprehensive fitness program in the area for adults 55+. We know you enjoy trivia, so here are some HLFC Facts:

- HLFC opened on May 3, 2004 (we turned five this month!)
- Original members – 10
- One part time Fitness Coordinator
- 9 pieces of equipment
- Open: Monday through Friday, 9 – 1:00
- 1<sup>st</sup> location: 210 North Street in Elkton
- Relocated to 55 Augustine Herman Hwy on October 1, 2006
- Membership – 137 (highest daily visits – 54)
- Two full time Fitness Coordinators, one part time Fitness Coordinator
- Relocated to current location September 27, 2008
- Membership – 317 (highest daily visits– 96)
- Current membership – 340 (highest daily -120)



# HLFC Update

## New Rates!

Beginning July 1, the Fitness Center will charge our first rate increase in five years. We are well aware of the financial strain everyone is under and will only increasing our monthly fees by \$5.00. We will still have the discounted rates for purchasing extended memberships and joining with your spouse. *And as always*, if anyone is unable to afford our rates, please see Marta – you may qualify for our sliding scale fees.

There's one more change in our rates. Everyone who is interested in joining the Fitness Center must schedule an appointment with a Fitness Coordinator to create their workout program. You all know from experience that our Fitness Coordinators spend at least an hour with each member during your initial appointment. Under the new rate schedule we will begin charging a onetime set-up fee of \$20.00 for each new member. If you're already a member, you will not be charged this fee. It is for new members only.

### Plan now to attend:



2009 Senior Lifestyle Expo for 55+!  
 August 6th 8:30 am – 2:00 pm  
 New: Rising Sun High School  
 Tickets: \$7.00  
 Workshops, vendor hall, door prizes, lunch – all included in the cost of admission.

## Cecil County Residents 55+

<b>One Month</b>	<b>25.00</b>
<b>Three Months – 10% Discount</b>	<b>68.00</b>
<b>Six Months – 20% Discount</b>	<b>120.00</b>
<b>Twelve Months – 30% Discount</b>	<b>210.00</b>
<b>Spouses' Fitness Special (Purchase One membership, 2<sup>nd</sup> ½ price)</b>	<b>Save \$</b>
<b>Individual Nutrition Consultation (by appointment only)</b>	<b>\$40.00</b>

## Rates for Non-Cecil County Residents 55+

<b>One Month</b>	<b>35.00</b>
<b>Three Months – 10% Discount</b>	<b>95.00</b>
<b>Six Months – 20% Discount</b>	<b>168.00</b>
<b>Twelve Months – 30% Discount</b>	<b>294.00</b>
<b>Spouses' Fitness Special (Purchase One membership, 2<sup>nd</sup> ½ price)</b>	<b>Save \$</b>
<b>Individual Nutrition Consultation (by appointment only)</b>	<b>\$40.00</b>