



Multi-Sports Complex & Sports Museum

1203 N. 24th Ave., Melrose Park • (708) 343-5151

Regular Hours

Monday-Friday • 6 a.m.-9 p.m.
 Saturday and Sunday • 7 a.m.-5 p.m.

Summer Hours (June, July & Aug.)

Monday-Friday • 6 a.m.-9 p.m.
 Saturday and Sunday • 7 a.m.-2 p.m.

Racquetball Court Fees

Non-Prime Time (9 a.m. to 5:30 p.m.) \$7
 Prime Time (6 p.m. to close and weekends) \$9

Guest Fees

When accompanied by a member:
 On the Courts \$4 Health Club \$7

Membership Fees

When paying for a membership, proof of residency must be a driver's license or a State ID.

Annual membership fee includes use of the Health Club only at no additional charge.

	Resident	Nonresident
Adult (21 and up)	\$160	\$210
Junior (16-20)	\$150	\$190
Youth* (12-15)	\$140	\$180
Family (4 members)	\$210	\$290
Senior (60 and older)	\$85	\$110

*Youth membership needs physician approval. Must be accompanied by an adult (18 or older) at all times.

The Health Club: Pay once and use for 12 months at no additional charge.

Amenities

Cardio Area

Treadmills, Stair Climbers,
 Recumbent Bikes

Circuit Training Area

Various Circuit Training Machines

Aerobics Room

Fitness videos are available
 at the front desk.

Nautilus Machines

Various upper body and
 lower body Nautilus Machines

Strength Training

Tons of Free Weights, Benches,
 Squat Racks, Olympic Plates

Come visit us, take a look at the newly renovated men's locker and shower room - steam room, new counters and sinks, new flooring and new showers!