

ON-CAMPUS FITNESS FACILITIES

Lamson Hall Women’s Health Club (www.andrews.edu/health/lamson.php3)

AU Faculty and Staff Rates		Community Rates	
1 Month		1 Month	\$45.00
3 Months		3 Months	\$70.00
6 Months	\$90.00	6 Months	\$105.00
1 Year	\$145.00	1 Year	\$175.00

Meier Hall Men’s Health Club (www.andrews.edu/health/meier.php3)

AU Faculty/Staff Individual Rates		AU Student Family Rates		Community (Individual) Rates	
1 Month	\$45.00	6 Months	\$165.00	1 Month	\$60.00
3 Months	\$60.00	6-Mo Renewal	\$145.00	3 Months	\$90.00
6 Months	\$75.00	Calendar Year	\$220.00	3-Mo Renewal	\$80.00
1 Year	\$110.00	1-Year Renewal	\$195.00	6 Months	\$140.00
				6-Mo Renewal	\$115.00
				Calendar Year	\$190.00
				1-Year Renewal	\$175.00
		Community Family Rate		Calendar Year	\$270.00

Racquetball Courts, Beaty Gym (above Johnson Gym)

Individual Rates		Family Rates	
Single visit	\$5.00	Single visit	\$12.00
Weekly	\$15.00	Week	\$37.00
1 Month	\$30.00	1 Month	\$75.00
Semester	\$60.00	Semester	\$150.00
Calendar Year	\$120.00	Calendar Year	\$300.00

Swimming Pool, Lower Level, Beaty Gym

Open to the public with either membership purchase or \$5 per entry. Same fees apply as above.

Schedule		
Open swim	Sunday, Tuesday, Thursday	7:30–8:30 pm
Family swim	Monday, Wednesday	7:30–8:30 pm
Family swim	Thursday	6:30–7:30 pm

LOCAL FITNESS FACILITIES

Niles-Buchanan YMCA
315 W Main Street, Niles
269-683-1552

The Niles-Buchanan YMCA offers a 20% corporate discount on family and adult memberships to AU employees *if* there are at least ten employees participating. Please have your Andrews University ID card with you when signing up at the Niles-Buchanan YMCA.

Membership and User Rates	
Youth	\$30.00 joiner fee plus \$120.00 per year
Teen	\$30.00 joiner fee plus \$180.00 per year
Adult	\$70.00 joiner fee plus \$480.00 per year
Family	\$100.00 joiner fee plus \$720.00 per year
Fitness Drop-in Fee	\$5.00
Punch Cards	\$45.00 (non-member)
Daily Guest Fee	\$5.00 (Youth), \$10.00 (Adult), \$15.00 (Family)
Class fees vary with different rates for members and non-members.	

St. Joseph YMCA
3665 Hollywood Rd, St. Joseph
269-428-9622

Membership and User Rates	
Unlimited Fitness	\$15.00 start-up fee, then \$16.00 per month
Add Family Members	\$8.00 start-up fee, then \$8.00 per month
Monthly Memberships	
Youth	30.00 joiner fee, then 12.00 monthly
Teen	30.00 joiner fee, then 17.00 monthly
Adult	70.00 joiner fee, then 39.00 monthly
Family	100.00 joiner fee, then 58.00 monthly
Day Passes	
Youth	\$7.00
Adult	\$10.00
Family	\$14.00
Class Walk-Ins	
Fitness	\$3.00 member, \$6.00 non-member
Twinges in Hinges	\$1.00 member, \$3.00 non-member
Advanced Jazz Dance	\$5.00 member, \$7.00 non-member

CURVES Gym, across from Schraders Super Market, Berrien Springs
269-471-7577

\$99.00 Service fee **or**
 \$29.00 per month with a 12-month check draft contract **or** \$39.00 per month without contract

LIFESTYLE CHANGE PROGRAMS

CHIP (Coronary Health Improvement Program)

February 8–March 18, Sunday, Tuesday and Thursday from 6:45–8:45 pm, PMC Youth Chapel. To learn more about the program, attend an Information Session on Thursday, Jan. 18 or 25 at 7 pm in the PMC Commons. Hans Diehl, founder, will present health programs on January 27 from 10–11 am in the PMC Commons, and from 3–5 pm in the PMC Youth Chapel, followed by an Info Session on CHIP at 6:30 pm. For more information, call 471-CHIP or e-mail chip@andrews.edu or evelynk@andrews.edu

Couple	\$300.00
Individual	\$225.00
Retakes	\$75.00

Weight Watchers

For further information call

Winter Special: \$166.00 for 17 weeks, including registration and meetings
Current Special: \$12.00 per week, no registration fee
Regular: \$30.00 registration (one-time), then \$12 per week

LA Weight Loss Center

South Bend, Ind.

The program is designed to allow clients to eat their own foods which are supplemented with nutritional bars and shakes to provide total balanced meals.

Minimum Cost: \$6.00 per week, Nutritional Supplements: \$29.00 per week (approx.)

Diet Center

2614 Niles Ave, St. Joseph, Mich.
269-983-4660

If a client pays for 4 weeks or more, there is a discount. Vegetarian plans are available. Nutritional supplements are part of the plan to enhance meals.

Registration fee	\$75.00 (Regular), then \$39.00 a week
Registration fee	\$52.00 (Special for month of January), then \$39.00 a week
Seniors 65 & over	Regular registration fee, but \$33.00 a week

Jenny Craig

Mishawaka, Ind.

Food costs average \$11.00–\$15.00 per day, depending on what foods are chosen. The yearly enrollment also includes extra discounts on food.

Enrollment Fee	\$49.00 for 60 days, plus cost of food
6 Month enroll	\$199.00 plus cost of food
1 year enroll	\$359.00 plus cost of food