

Unlimited Membership at Galter LifeCenter

	Unlimited Membership	Full Membership	Limited Membership
Number of Classes	<ul style="list-style-type: none"> More than 100 group fitness cardio, strength and mind/body classes each week for all fitness levels. More than 50 specialty small group classes like Boot Camp, Pilates, TRX, barre and yoga. These classes offer variety with a specialized focus for maximal results. 	More than 100 group fitness cardio, strength and mind/body classes each week for all fitness levels.	More than 75 group fitness cardio, strength and mind/body classes each week for all fitness levels.
KidCenter	FREE 10 pack of KidCenter visits (a \$35 value) available through the Membership Office! Plus, member pricing on any additional visits.	Member pricing on visit packages.	Member pricing on visit packages.
Divvy	3 FREE Divvy passes every month through the Courtesy Desk. Discount on yearly membership.	Discount on yearly membership.	Discount on yearly membership.
Guest Passes	12 per year that can be used to bring a guest to an Unlimited class	3 per year plus 3 Unlimited Class drop-in passes per year	3 per year plus 3 Unlimited Class drop-in passes per year
Power Plate*	4 free 15 minute sessions per month	\$20 for 4 - 15 minute sessions	\$20 for 4 - 15 minute sessions

*Participants must complete introductory safety training sessions with a Personal Trainer prior to using the Power Plate independently.

Frequently Asked Questions

1. I am not an Unlimited Member. Can I still participate in the Unlimited Membership classes?

We provide you with 3 free Unlimited Class Passes! All new members receive these automatically on their account – if you are unsure whether you have received your free passes, please contact Membership or the Courtesy Desk so that we may check for you. Once you have used these passes, you may purchase drop-ins at the Courtesy Desk.

3. Can I join in the classes anytime?

Yes, classes are ongoing. We encourage you to join in at any time. If you are interested in participating in Masters Practice please contact Head Coach, Billy Cordero at BCordero@SwedishCovenant.org prior to your first practice.

4. When does the new Unlimited Membership schedule begin?

Classes are ongoing. Seasonal schedule changes occur quarterly. Classes that fall below 30% capacity may be changed or cancelled. We will provide as much advance notice as possible. Instructor substitutions may be made without prior notice. Please check our app for the most up-to-date class schedule and instructor substitutions.

5. Do I need to be an advanced exerciser to take classes?

No, Unlimited Membership is for anyone who wants to take his or her fitness to the next level. There is something for everyone, however some classes require a certain skill level, i.e.: Masters Practice is a competitive swim team practice, not every class is for everybody. Levels are listed for each class. Check out the class descriptions or ask a Fitness Specialist if a class is right for you.

6. Do I have to sign up in advance for each class I want to attend to reserve a spot?

Due to limited space we recommend you make reservations online under *My Wellness*.

7. What do I need to be ready for class?

Wear comfortable, athletic clothes and proper footwear. Be fueled, hydrated and ready to work.

8. How do I upgrade my current membership to an Unlimited Membership?

Visit the Galter LifeCenter Membership Offices and complete a Membership Change Form.

9. Who is eligible to upgrade to the Unlimited membership and maintain my current membership rate?

Anyone can upgrade their current membership. Your new monthly or annual rate will consist of your current membership rate plus \$47 per month. For annual pricing information see membership.

For more information, please contact Leslie Mras at **773-878-9936, ext. 7341** or LMras@SwedishCovenant.org.