

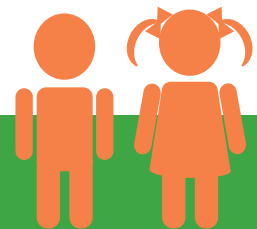
# The Benefits of **UNLIMITED MEMBERSHIP**



**FREE GROUP  
FITNESS CLASSES**



**50 +  
SMALL GROUP  
SPECIALTY CLASSES**  
Boot Camp, Pilates,  
TRX, Barre and SwimFit



**KidCenter  
FREE 10-PACK**  
Every month  
(a \$35 value)



**12**  
**GUEST PASSES**  
One per month to  
bring a friend to  
an Unlimited Class



**SPECIAL  
SALES AND  
PROMOTIONS**  
Throughout  
the year



**MONTHLY DUES**  
Individual \$129  
2-Person \$233  
**DROP IN A CLASS**  
45-60 min. class—M \$18/NM \$25  
30 min. class—M \$11/NM \$25



Part of **NorthShore**

5157 N. Francisco Ave.  
Chicago, IL 60625  
773-878-9936  
GalterLifeCenter.org

# Unlimited Membership

## Frequently Asked Questions

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

You may purchase drop-in passes at the Courtesy Desk.

**2. 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 email [chicagoswedishfish@gmail.com](mailto:chicagoswedishfish@gmail.com) prior to your first practice.

**3. When does the new Unlimited Membership schedule begin?**

Classes are ongoing. Schedule changes occur quarterly. Classes that fall below 30% capacity may be changed or canceled. 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.

**4. 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.

**5. 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. Reservations are available one week in advance; at least a 24 hour cancellation notice is expected, if you cannot make the class please contact the Courtesy Desk (773-878-9936, ext. 5660).

**6. What do I need to be ready for class?**

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

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

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

**8. 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 \$43 per month. For annual pricing information see membership.

**Please see reverse side for Unlimited Membership benefits.**

**For more information, please contact Leslie Mras at**

**773-878-9936, ext. 7341 or [LMras@schosp.org](mailto:LMras@schosp.org).**



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