

2018/19 JBS Health Club

Application Form

The individual(s)/family named below is applying for a membership to the JBS Health Club. Membership entitles the individual(s) to use the facilities of the Health Club during hours of operation from September 4, 2018 to September 3, 2019 (Pool closes May 26, 2019). Membership is not complete until applicable fees have been paid. The individuals included in this membership agree to sign the membership agreement (see pg 3).

Memberships may not be transferred or loaned.

Please fill out application entirely. Your e-mail will only be used to send information regarding changes in operating hours and unscheduled closings. For campus safety and security purposes, we ask that you please provide information for any/all cars that you'll drive to JBS.

Name: _____

Address: _____

Cell Phone: _____ Home Phone: _____

E-mail: _____

Car Make and Model: _____ License Plate #: _____

Spouse's Name (if family membership): _____

Name and Ages of Children (age 25 and under, if family membership)

September 4, 2018- September 3, 2019* Membership Rates

(please check membership choice/ see next page for more information)

Community Member

___ Family \$500

___ Individual \$350

Sponsored Member

___ Family \$650

___ Individual \$450

___ Class \$150

**Pool use: September 4, 2018 - May 26, 2019*

PLEASE FILL OUT THIS FORM, **FRONT AND BACK**, AND RETURN TO:

John Burroughs School, 755 S. Price Road, St. Louis, Mo 63124

ATTN: William Feuerbacher

JBS HEALTH CLUB

MEMBERSHIP AGREEMENT

In consideration of my/our admission to membership and/or use in the JBS Health Club, I/ we agree to the following:

1. I/we agree to abide by all posted rules and conditions of membership and acknowledge that I/ we received a copy of the conditions and membership rules.
2. I/we understand that I/we will be responsible for payment to John Burroughs School for any damage that I/we, or my guest(s), may cause either to the premises or the equipment provided.
3. I/we recognize that the use of athletic facilities and athletic equipment, including equipment located in the fitness studios and weight room, carries with it certain risks of physical injury. I/we hereby agree to release John Burroughs School from any negligence and all liability of any kind or nature whatsoever, including attorney's fees, which may accrue to me/us or the members of my family or my/our guests as the result of the use of facilities, including indoor pool, fitness studios, weight room, and all locker room facilities.
4. I/we also understand that John Burroughs School is not responsible for any personal belongings which I/we may bring upon the premises and that locker facilities are made available only for my/our convenience during workout time.

Signatures _____

Member

Spouse

Family Members (under the age of 25)

Date _____

JBS Health Club Membership Options:

Community Membership: Available to anyone who is a member of the John Burroughs School community. For alumni, parents, and grandparents.

Sponsored Membership: Available to anyone outside of the JBS community who has ties to a current community member. Community member must vouch for sponsored member.

Family: Membership applies to immediate family (member, spouse, and children under 25) and grants access to all health club facilities during hours of operation.

Individual: Membership applies to single individual and grants him/her access to all health club facilities during hours of operation.

Class: If you enroll in any JBS Health Club class (e.g., Splashercise, Speed Play, FitCamp), you must pay two fees – one to your class instructor(s) and one to Burroughs. The fee to Burroughs covers any facility your class uses. If you expect to use the Health Club outside of your class time, you are encouraged to take out a full Health Club membership. NOTE: Without a full membership, you will not have access to facilities outside of classes unless you pay a guest fee.

Faculty and Staff: All JBS employees receive a complimentary family membership.

Students: All current JBS students receive a complimentary individual membership.

Young Alumni: Alumni under the age of 25 receive a free individual membership.

Guests: Individuals may use the Health Club facilities one day at a time and pay a guest fee of \$5 per guest/per visit. **NO EXCEPTIONS.**

Information regarding memberships, classes, personal training, changes in operating hours and closures can be found online at **jbshealthclub.com**

Or call the JBS Health Club Hotline (314 993 4045 ext. 357)

and ask for William Feuerbacher

2018/19 JBS Health Club Operating Hours:

Weekdays: 6:00 am to 11:00 am

Saturday: 8:00 am to *3:00 pm

Sunday: *9:30 am to *3:00 pm

* Represents change from 2017/18 schedule

2018/19 JBS Health Club Closures:

Monday, September 3 – CLOSED

Saturday, September 22 – CLOSED

Saturday, October 13 – CLOSED

Thursday/ Friday, November 1/2 – NO FIELD HOUSE

Friday/ Saturday, November 9/10 – NO FIELD HOUSE

Thursday/ Friday, November 22/23 – CLOSED

Monday/ Tuesday, December 24/25 – CLOSED

Tuesday, January 1 – CLOSED

Monday, January 21 – CLOSED

Saturday, January 26- NO FIELD HOUSE

Monday, February 18 – CLOSED

Saturday, April 6 – CLOSED

Saturday, April 20 to Sunday, April 28 – NO FIELD HOUSE

Sunday, April 21 – CLOSED

Saturday, April 27 – CLOSED

Saturday, May 4 – NO FIELD HOUSE

Saturday, May 11 – NO FIELD HOUSE

Sunday, May 26 – LAST DAY OF POOL USE

Monday, May 27 – CLOSED

Sunday, June 2 – NO FIELD HOUSE

Thursday, July 4 – CLOSED

Saturday, August 31 – LAST DAY 2018/19 HEALTH CLUB YEAR

Note: There will be extended HC hours during Winter Break (December 17 – January 6), Spring Break (March 18 – March 31), and Summer Break (June - August). As those dates approach, extended hours will be sent out electronically and posted around the facilities.

All dates subject to change.

New dates may be added due to scheduling conflicts.

Class Offerings and Personal Training

William Feuerbacher- Personal, Group, and Class Training

Website: SpeedPlaySTL.com

Cell: (314) 496 5057

A Certified Strength and Conditioning Specialist (CSCS), William has been the JBS Health Club Director since 2013. His one-hour High Intensity Interval Training (HIIT) classes will push your aerobic and anaerobic capacities to the limit. In class you'll utilize: circuits, stations, barbells, bumper plates, dumbbells, medicine balls, stability balls, bosu balls, ropes, cable machines, cardio equipment, and much, much more! "Whether you are training to reach a peak level of fitness to compete in a sport or race, or just training to live a well-balanced lifestyle, we will accomplish those goals together." See schedule below:

Monday: 6am, 10am

Tuesday: 8:30am

Thursday: 6am, 10am

Friday: 8:30am

Saturday: 10am

Christy Wynne- Personal, Group, and Class Training

Website: InspireWellnessSTL.com

Cell: (314) 265 9334

Certified Personal Trainer and Health Coach. Christy teaches Tuesday/Thursday 6am-7am. Mixing cardio and strength training, every class is different. Please bring a set of dumbbells (5-10lbs) and a mat. We are outside April – Oct and inside for the winter. For those looking to improve energy, sleep and lose inches/weight, enroll in our Six Week Challenge Program. It includes setting goals, one-on-one coaching, before and after measurements, and a nutrition booklet with details on balanced and clean meals.

Gaye Frederic- Aerobic Class Training

Splashercise, Cell: (314) 313 6465

When: Monday- Saturday, from 9am-10am

Splashercise combines cardio and strength movements in the water to create an incredibly low impact workout. It's perfect for anyone and everyone striving to stay in shape! Especially those limited by injury or age!

Jill Jasper- Private Swim Instruction

Cell: (314) 922 4251 Email: jrjpurple@yahoo.com

The swim director of Burr-Oak Camp for 15 years, Jill offers private swim lessons to children of all ages from infants to preteens. Additionally, she teaches children with mental and physical disabilities. Students range from competitive swimmers to first timers!

Hap Gentry- Private Swim Instruction

Cell: (314) 303 7284 Email: rhgentry@earthlink.net

Hap is a Level 5 Masters and Level 3 High School Swim Coach with the American Swim Coaches Association (ASCA) and has over 20 years experience coaching high school athletes.

For more info on classes and training options go to JBSHealthClub.com!