



We want to put a smile on your face and a spring in your step as you work hard to get and stay fit. Offering rewards is our way of saying “thank you” for taking the time to take care of yourself. Your health and well-being is important and we are thankful that we can be a part of your path to good health.



Frequently asked questions

Q: Can I start earning points at anytime?

A: You can start earning points anytime during the May 15, 2010 through May 15, 2011 timeframe. You may not have the time to earn all the rewards but we encourage you to earn what you can.

Q: How much do Group Fitness classes cost at the Rec Center?

A: All Group Fitness classes are free for members with the exception of Tae Kwon Do, Judo, Pilates and the Max10® Body Shaping program and specialty classes such as Outdoor Basic Training. The class schedules and pricing information are available at the Rec Center front desk as well as our website:

www.rockwellcollinsreccenter.com

Q: I'm already involved with the Challenge Club and/or the E-Z Team, can I be part of the Group Fitness Club, too?

A: Yes, we want you to be a part of the Group Fitness Club even if you are involved with another one of the Rec Center's motivational programs.

Recreation Center Group Fitness Club



The Club within a Club that gives you rewards and keeps you having fun and staying fit!

Group Fitness Club



In celebration of the Rec Center's 25th anniversary, we have created our very own Group Fitness Club (GFC). The rewards Group Fitness Club program will run from May 15, 2010 through May 15, 2011. You will earn rewards from coming to Group Fitness classes—everything from a logo imprinted waterbottle to a “classy” logo embroidered jacket.

How do I get started?

Sign up with any Group Fitness instructor before or after class. They will help you fill out the sign up sheet and you will receive your punch card.

How do I get points?

Take your punch card to each class you attend and start getting “class credit” after each class by getting a punch from the Group Fitness instructor. One punch equals one point.

What classes can I get points for attending?

You receive a punch for all Group Fitness classes—whether you attend a class in the High Court, in the Fitness Classroom, a Pilates class, a Max10® Body Shaping class or SilverSneakers® class.

Rewards are given at what level?

Rewards can be redeemed beginning at the Bronze Level (50 punches). You decide if you want to redeem your points for a reward at that time or if you want to wait until you acquire enough points to get your preferred reward. You can earn more than one reward—It's up to you! Keep accumulating points to see how many rewards you can get.

What do I do when my punch card is full?

Turn your completed punch card in to any Group Fitness instructor and get your new punch card so that you can keep accumulating points.

When do I get my reward?

Let any Group Fitness instructor know that you are ready to redeem your points for a reward. They will notify the Group Fitness coordinator regarding your request and you will be contacted within 7 days with details on how to pick up your reward.

Group Fitness Club Rewards

BRONZE LEVEL

For attending 50 classes, you can redeem your points for the reward of a “classy” waterbottle or you can keep accumulating points for your preferred reward.

SILVER LEVEL

For attending 75 classes, you can redeem your points for the reward of a “cool” dri-mesh t-shirt or you can keep accumulating points for your preferred reward.

GOLD LEVEL

For attending 100 classes, you can redeem your points for the reward of a ¼” zip Sport-Tek pullover to help keep you warm before and after class or you can keep accumulating points for your preferred reward.

PLATINUM LEVEL

For attending 150 classes, you can redeem your points for the reward of an extra large gym bag to help keep all your fitness gear organized or you can keep accumulating points for your preferred reward.

VIP LEVEL

For attending 200 classes, you can redeem your points for the reward of an “ultimate classy” GFC textured soft shell jacket or choose to use your points for a combination of your preferred rewards.

REWARDS THAT KEEP COMING

You can redeem your points for your desired reward anytime during the GFC year given you have acquired enough points for that reward. Once you redeem points, the redeemed amount of points will be subtracted for your total accumulated points. Any remaining points can be applied to a future reward. You can earn enough points for all five rewards or you can choose to achieve one reward or any combination of rewards, your choice—VIP, Platinum, Gold, Silver or Bronze!



Improved fitness and rewards! Class schedules that offer variety!

We offer classes seven days a week in four different classrooms. We pride ourselves in offering enough variety and time options to meet most everyone's schedule.



Cycling Studio

We offer 40-75 minute Cycling classes along with stimulating scenery as we project virtual reality journeys on the front wall of the studio. We also offer interval training classes from this studio including Athletic Edge, Core Cardio and High Tech Cycling.

Fitness Classroom

Class styles range from IronWorks (weight lifting done to music) to BOSU; from Kickboxing to Fitness Yoga; from TNT (interval training) to Foam Roller Massage.

High Court Classroom

Classes offered in this area include traditional STEP, SilverSneakers® and our Max10® Body Shaping ten-week program (www.max10fit.com).

Pilates Studios

Our Pilates program offers a variety of call-in and session format classes that include: Level 1, Level 2, Pilates for Runners/Triathletes, SilverPilates and Pre/Post Natal. We use Balanced Body reformers in our classes. For details on how to get started with Pilates, contact Pilates coordinator, Bonnie Benesh, at bjbenesh@rockwellcollins.com.

Class schedules are available at the Rec Center website: www.rockwellcollinsreccenter.com and at the Rec Center front desk. If you have questions regarding the Group Fitness Program, contact Brenda Cloud, Group Fitness coordinator at bacloud5@rockwellcollins.com.