

# 2016/17 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 Labor Day 2016 to Labor Day 2017 (Pool closes Memorial Day 2017). 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 closure notices. For campus safety and security purposes, we ask that you please provide information for any/all cars that you'll bring to JBS.

Name: \_\_\_\_\_

Address: \_\_\_\_\_

Preferred Telephone: \_\_\_\_\_

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 6, 2016- September 2, 2017\* Membership Rates

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

#### Community Member

\_\_\_ Family \$500

\_\_\_ Individual \$350

\_\_\_ Class \$100

#### Sponsored Member

\_\_\_ Family \$650

\_\_\_ Individual \$450

\_\_\_ Class \$150

*\*Pool use: September 6, 2016 - May 28, 2017*

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 or any kind of 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 for anyone who is a member of the John Burroughs School community. For alumni, parents, and grandparents.

**Sponsored Membership:** Available for 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.

**Young Alumni:** While under the age of 25, young alumni receive a free individual membership.

**Guest:** Individuals may use the health club facilities one day at a time and pay a guest fee of \$5 per guest/per visit.

Information regarding memberships, classes, personal training, changes in operating hours and closures can be found online at **[jbshealthclub.com](http://jbshealthclub.com)**

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

and ask for William Feuerbacher

## 2016/17 JBS Health Club Operating Hours:

Weekdays: 6:00 am to 11:00 am

Saturday: 8:00 am to 4:00 pm

Sunday: 10:00 am to 4:00 pm

## 2016/17 JBS Health Club Closures:

Monday, September 5 – CLOSED

Saturday, September 24 – CLOSED

Saturday, October 8 – CLOSED

Saturday, October 22 – CLOSED

Thursday/ Friday, November 24/25 – CLOSED

Saturday/ Sunday December 24/25 – CLOSED

Sunday, January 1 – CLOSED

Monday, January 16 – CLOSED

Monday, February 20 – CLOSED

Sunday, March 27 – CLOSED

Sunday, April 16 – CLOSED

Saturday, April 22 – CLOSED

Saturday, April 29 – CLOSED

Saturday, May 13 – CLOSED

Saturday, May 20 – NO FIELD HOUSE

Sunday, May 28 – LAST DAY OF POOL USE

Monday, May 29 – CLOSED

Monday/ Tuesday July 3/4 – CLOSED

Saturday, September 3 – LAST DAY 2016/17 HEALTH CLUB YEAR

Note: There will be extended health club hours during Winter Break (December 16 - January 2), Spring Break (March 17 - April 2), 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 (CSCS)**

**SpeedPlaySTL.com, (314) 496 5057**

**Offers Personal, Group, and Class Training**

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, 5:30pm**

**Thursday: 6am, 10am, 5:30pm**

**Friday: 8:30am**

**Saturday: 10am**

**Christy Wynne**

**InspireWellnessSTL.com, (314) 265 9334**

**Offers Personal, Group, and Class Training**

Certified Personal Trainer and Health Coach. Christy teaches **Tuesday/Thursday 6am-7am**. A mixture in 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, nutrition booklet with details on balanced and clean meals.

**Gaye Frederic**

**Splashercise, (314) 313 6465**

**Offers Class Training**

When: Every morning, **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, Cell: (314) 922 4251**

**Offers Private Swimming Lessons**

The swim director of Burr-Oak Camp for 13 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! [jrjpurple@yahoo.com](mailto:jrjpurple@yahoo.com)

**Hap Gentry, Cell (314) 303 7284**

**Offers Private Swimming Lessons**

Hap is a Level 5 Masters and Level 3 High School Swim Coach with the American Swim