



Welcome to Bearskin Fitness Center

Thank you for becoming a member of Bearskin Fitness Center. We hope that in the upcoming days that you will get a chance to see why so many have chosen Bearskin Fitness Center as their personal fitness center.

Making health and fitness a part of your lifestyle can be a difficult task. We are here to make you feel as comfortable as possible, by answering any questions you may have and helping you learn about nutrition and exercise.

HOURS OF OPERATION

Monday – Friday 5:00 am – 9:00 pm

Saturday 8:00 am – 4:00 pm

Sunday 1:00 pm – 5:00 pm

888-864-0725

918-678-2070

BURN IT AND EARN IT

A Bearskin Fitness staff member initially weighs in members and the weight is logged and dated. For every interval that weight is lost, a prize is earned. Weigh ins are to be conducted one time per month by a staff member without shoes on.

5 lbs	Medal
10 lbs	T-shirt
15 lbs	Trophy
25 lbs	Plaque

RAW BENCH CLUB

Through an increase of weight lifted, members may earn prizes by bench-pressing with a staff member watching. Rules are: Feet flat on the ground; bar paused at bottom and press on command.

WOMEN'S DIVISION

50 lbs	Bag
75 lbs	T-shirt
100 lbs	2 weeks added to gym membership
125 lbs	Plaque & 1 month membership

MEN'S DIVISION – UNDER 200 LBS

150 lbs	Bag
200 lbs	T-shirt
250 lbs	1 month membership
300 lbs	Plaque & 1 month membership

MEN'S DIVISION – OVER 200 LBS

200 lbs	Bag
250 lbs	T-shirt
300 lbs	1 month membership
350 lbs	Plaque & 1 month membership

FITNESS CLASSES Please check with the front desk staff for information on current classes. Bearskin Fitness Center is proud to offer SilverSneakers, the nation's leading fitness program designed exclusively for older adults. This program offers eligible adults a basic membership that includes:

- Use of equipment and other amenities
- Specialized SilverSneaker classes taught by certified instructors
- Senior Advisor assistance

Fun social programming. *Ask any front desk staff for details*

FITNESS EQUIPMENT

2 Cybex Arc Trainers	1 Matrix Climbmill
2 Indoor Walking Track	Cardio Theater
4 foot deep pool	1 Whirlpool
2 StarTrac E Spinners	1 Life Fitness Spinner
Gymnasium	6 Treadmills
3 Tanning Beds	2 Recumbent Bicycles
4 Elliptical Fitness Trainers	12 Strength Resistance Component
3 Nu Steps	Cybex Free Weight Equipment
1 Life Fitness Rowing Machine	

INCENTIVE CLUBS

Members have the option of participating in Bearskin Fitness Incentive Clubs. Through these clubs, the goal is to encourage members to have fun and commit to practicing healthy exercise on a routine basis while providing small incentive

WALKING CLUB

Members track mileage on the treadmill, track, elliptical, arc trainer or nustep and log it at the front counter on a daily basis. Bearskin Fitness employees log this information into a database that tracks total mileage until incentive intervals are reached for a variety of prize

15 laps = 1 mile

100 Miles	Bearskin Bag
300 Miles	T-shirt
500 Miles	Polo Shirt
1000 Miles	3 month membership
1500 Miles	3 month membership and t-shirt
2000 Miles	3 month membership and sweatshirt
2500 Miles	3 month membership and \$50 shoes gift certificate
3500 Miles	1 year individual membership
4000 Miles	T-shirt
4500 Miles	1 year individual membership, t-shirt and plaque
5000 Miles	1 year membership, name on 5000 mile plaque

. Congratulations! You have made it to the 5000-mile mark! Receive a t-shirt for every 1000 miles you accomplish