

Welcome

The Jacobs Fitness Center is a state-of-the-art facility that provides quality health and fitness services to the entire AU community. The Fitness Center was made possible by a generous donation from William I Jacobs, former Chairman of the American University Board of Trustees and Class of 1966. Each day more than a thousand students, Faculty, Staff and Alumni take advantage of his gift to AU.

American University believes that physical fitness and total well being are central to living a meaningful and healthy life. As part of this commitment, the Fitness Center offers a variety of options and services to encourage the habit of fitness.

www.american.edu/recfit

Programs and Services

The Fitness Center provides fitness assessments, personal training sessions, locker rental and a variety of group exercise classes. Group classes include step aerobics, kick boxing, yoga, and body conditioning. Programs, classes and services are offered on a fee-for-use basis. Please visit the Fitness Center or web page for more information.

Additionally, the Fitness Center provides a wide range of the latest fitness equipment. The cardio mezzanine includes stationery bicycles, treadmills, elliptical trainers, step machines and rowers. The strength training area provides free weights, plate-loaded and selectorized equipment by Hammer Strength, Paramount, Icarian, and Body Masters.

There is a Manager on Duty whenever the Fitness Center is open to assist with exercise and equipment questions.



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Membership

Recreational Sports and Fitness memberships require a one time, annual payment by check or cash and are available to all faculty, staff and alumni of American University, Wesley Seminary students and staff, Osher Life Long Learning Institute members and the neighboring community. All memberships include use of the Fitness Center, Reeves Aquatic Center pools, Bender Arena basketball courts, outdoor track and tennis courts as well as Intramural Sports. Additionally, members may bring up to two guests per day for a \$10 fee for each guest.

All Memberships are annual and no refunds, partial payments or partial year memberships are available. Membership fees are subject to change without notice.

Membership Fees

<i>Current Student</i>	<i>Free</i>
<i>Student Family</i>	<i>\$95 per semester</i>
<i>Alumni</i>	<i>\$500</i>
<i>Alumni Family</i>	<i>\$1025</i>
<i>Full-time Faculty & Staff</i>	<i>\$175</i>
<i>Full-time Faculty & Staff Family</i>	<i>\$385</i>
<i>Part-time Faculty & Staff</i>	<i>\$385</i>
<i>Part-time Faculty & Staff Family</i>	<i>\$785</i>
<i>Wesley Student, Faculty & Staff</i>	<i>\$385</i>
<i>Wesley Student, Faculty & Staff Family</i>	<i>\$785</i>
<i>Osher Life Long Learning Institute</i>	<i>\$500</i>
<i>Community</i>	<i>\$785</i>
<i>Community Family</i>	<i>\$1575</i>
<i>Corportate (Full-time employee of AU vendor)</i>	<i>\$225</i>

Important Information

- ◆ Full-time faculty/staff may pay membership fees by payroll deduction or in full by a onetime payment.
- ◆ Family memberships include a member and spouse or domestic partner and children under 18.
- ◆ Children must be 14 to use the fitness center.
- ◆ Children under 14 must be accompanied by a parent to use the gym or pool.
- ◆ Members must have a current AU ID card or Recreational Sports & Fitness card to gain entry to the fitness center as well as the Sport Center complex.
- ◆ Hours may vary according to the University academic schedule so check the web page for the current monthly calendar.
- ◆ Parking is available in the parking garage before 8 AM and after 5 PM only.



American University
Recreational Sports and Fitness
4400 Massachusetts Ave., NW
Washington, DC 20016-8005



American University



*Recreational Sports & Fitness
Jacobs Fitness Center*

For More information
Call the Sports Center Info Line
202-885-6267

For schedules, calendars, registration forms,
programs and services offered visit the
Recreational Sports & Fitness
Web page at:
www.american.edu/recfit

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