THE ENERGY CLUB
More Than Just a Gym

2 TOWER PLAZA, LONG BEACH. (228) 868-3539 the-energy-club.com

MEMBERSHIP OPTIONS
NO COMMITMENT - NO ANNUAL FEE - 30 DAY CANCELLATION

MEMBERSHIP INFORMATION

FAMILY MEMBERSHIP OPTIONS
May add family of same address
PRIME: Adult:$25. Children aged 12+:$10
ULTIMATE: Adult: $25 Children:$10

Age 12 to 14 require 100% parental supervision to use Fitness & Wet Areas.

Children under 12 may only use pool & courts; 100% parental supervision required unless in Childcare Center. If using pool/courts must be added to membership per insurance.

SENIOR & STUDENT OPTIONS

	ULTIMATE FULL ACCESS:	PRIME FITNESS:
ADULT 65+	$35	$30
STUDENT 15+	$35	$30

Full time Student with School or College ID

LOCKER RENTAL: $10 per month, on draft

PERSONAL TRAINING per hour sessions
ONE:$50. FIVE: $150 TEN: $400
Members only. Text: 228 567-4949 for details

SWIM LESSONS
ONE Private lesson: $50
SIX Group lessons: $175

TANNING: $20 month unlimited
Members only. Must sign waiver at front desk. Age 14-18 require parent signature every visit. Under 14 parent must sign & remain present.

ENROLLMENT FEE: $50
SCAN CARD FEE: $10

At sign up for all memberships.
All memberships are set up on monthly bank or credit/debit card draft.

PRIME FITNESS

$39 MONTH
Free WI-FI

HOURS
Mon to Thur: 8am to 9pm
Fri: 8am to 7pm
Sat & Sun: 9am to 4pm

FITNESS ROOMS
Cardio Fitness
Strength Training
Red Room Functional Fitness
Women's Only Room

WET AREAS
Locker Room
Sauna
Steam Room
Whirlpool

CLASSES
GoldFit

ULTIMATE FULL ACCESS

$44 MONTH
Free WI-FI
Childcare
Tanning

HOURS
24 hours day
7 days week
365 days year

FITNESS ROOMS
Cardio Fitness
Strength Training
Red Room Functional Fitness
Women's Only Room

WET AREAS
Locker Room
Pool
Pool Classes
Sauna
Steam Room
Whirlpool

COURT SPORTS
Courts for Racquetball, Wall Ball, Volleyball, Pickleball & to practice YOUR sport!

CLASSES
ALL Group Exercise classes including: Spin, TRX, Yoga, Aqua Fit, Aqua Aerobics, Aqua Arthritis.