

Academy of Natural Sciences Offerings

## Membership

Membership	1 Month	3 Months	Annual
Affiliate	\$65	\$175	\$500
Affiliate Couple	\$80	\$220	\$800
Affiliate Family	\$85	\$230	\$850

The Drexel Recreation Center offers state-of-the-art athletic facility equipment along with a number of recreational services and amenities to meet the personal and group fitness needs of our members, including:

- 18,000 square feet of exercise equipment space, featuring 120 pieces of cardiovascular equipment, over 300 total pieces of strength equipment including benches, racks, rowers, barbells, and dumbbells
- 13,000-sq. ft. Maplewood multipurpose gymnasium
- Three-lane, elevated indoor Mondo Track
- Two aerobic studios with a variety of group exercise classes that are included with membership
- Climbing wall featuring top rope, bouldering, and lead climbing
- Six-lane, 25-yard swimming pool
- Two international squash courts and viewing area and spectator seating

## Lockers

Locker Type	1 Year
DAC Full Locker	\$50
Rec Center – Half Locker	\$50
Rec Center – Full Locker	\$75

<u>Description</u>: Annual locker rental is available to members on a first come, first served basis. Visit the Welcome Center for availability. Locker rentals must be paid in full for the year via cash, check or credit card.

## **Programs**

Personal Training	Members	Non-Members
One-on-One Training		
1-60 minute session	\$55	\$70
3-60 minute session	\$155	\$200
6-60 minute session	\$300	\$390
Buddy Training		
1-60 minute session	\$90	\$120
3-60 minute session	\$260	\$350
Small Group Training		
1-60 minute session	\$145	\$190
3-60 minute sessions	\$425	\$560

<u>Description</u>: Personal training is an opportunity to meet one-on-one with a certified personal trainer to develop a fitness program specifically designed to meet the needs and interests of Drexel Recreation Center members. In addition to one-on-one personal training, the Drexel Recreation Center also offers buddy and small group training.

Pilates	Members	Non-Members
1-60 minute session	\$55	\$70
3-60 minute sessions	\$155	\$200
6-60 minute sessions	\$300	\$390

<u>Description</u>: The Pilates method of exercise and movement is designed to stretch, strengthen, and balance the body. With systematic practice of specific choreographed exercises coupled with focused breathing patterns, Pilates has proven itself invaluable not only as a fitness endeavor, but also as an important adjunct to professional sports training, dance, and physical rehabilitation of all kinds.

Massage Therapy	Members	Non-Members
30 minute session	\$35	\$50
60 minute session	\$70	\$100

<u>Description</u>: Massage is one of the oldest, simplest forms of therapy. It is a system of stroking, pressing, and kneading different areas of the body to relieve pain and to relax, stimulate, and tone the body. Massage does much more than create a pleasant sensation on the skin; it also works on the soft tissues (muscles, tendons, and ligaments) to improve muscle tone. In addition, it stimulates blood circulation and assists the lymphatic system, improving the elimination of waste throughout the body.

Fitness Assessment	Members	Non-Members
Basic Fitness Assessment	FREE	\$15
Body Composition Assessment	\$5	\$15

<u>Description</u>: Fitness assessments help determine physical fitness. There are five components of physical fitness: body composition, cardiovascular endurance, muscular endurance, muscular strength, and flexibility. Assessment results will be categorized based on age and gender.

Climbing Wall	Members	Non-Members
Learn to Climb	\$20	\$35
Intermediate Technique	\$25	\$40
Advanced Technique	\$25	\$40
Lead Climbing	\$35	\$50
Private Instruction – 1 session	\$25	\$40
Private Instruction – 3 sessions	\$65	\$95
Teambuilding (1-10 people)	\$150	\$175
Teambuilding (11-15 people)	\$175	\$200
Teambuilding (16-20 people)	\$200	\$225
Climbing Party (1-10 people)	\$125	\$150
Climbing Party (11-15 people)	\$150	\$175
Climbing Party (16-20 people)	\$175	\$200

<u>Description</u>: Overhangs, slabs, bouldering, and lead climbing. The Drexel Recreation Center's climbing wall is a great place for beginners to learn, experienced climbers to train, and to meet people who share a similar interest. Climbing wall programs include introductory through advanced course and clinics.

Swim Lessons	Members	Non-Members
Beginner, Intermediate, or Advanced (all	\$35	\$50
lessons are private)		

<u>Description</u>: The Drexel Recreation Center offers swim lessons to adults who wish to learn to swim or improve their skill level in a group setting. The adult participant will work directly with their instructor to outline specific individual goals and objectives they have for the course. Each session is offered over 4 weeks, twice a term.

If you have any additional questions, please contact Bryan Ford, Manager of Student & Member Services at <a href="mailto:bpf32@drexel.edu">bpf32@drexel.edu</a> or 215-895-2864