
Membership FAQs

When will members be receiving their wellness key?

Once you complete your Health Needs Assessment, you will be able to pick up your wellness key at the center.

Will you be participating in Silver Sneakers and/or the \$29 Blue Cross Blue Shield Fitness Program?

No, not at this time.

Why do you have an enrollment fee?

Enrollment fees help cover the cost of your health needs assessment and your wellness key as well as other medical fitness services that we offer at the Center. This is a one-time fee that you only have to pay at your initial sign up, as long as you stay an active member.

When will your enrollment fee discount expire?

Our enrollment fee discount could change at any time.

Can I freeze my contract?

Yes. There are four different types of freezes available:

- Temporary Suspension
- Military Suspension
- Medical Suspension
- Snow Bird Suspension

Will you offer specials during times when college students will be on holiday breaks?

Yes. These specials will be offered and members will be updated as they arise.

Do you offer a referral program?

Yes. We will advertise referral programs as they are released.

Who can be put on my contract?

Anyone that resides in the same household as the primary member is eligible to be put onto the same contract.

Can I add additional members to my contract later on if I wish?

Yes. You may add additional members at any time by giving ABHFC appropriate notice and obtaining approval from the ABDHFC management and also paying the appropriate fees.

What will be included in the Health Needs Assessment?

- Health history evaluation
- Goal assessment
- Body composition screening
- Heart health screenings (BP, lipid profile- can be purchased for an additional fee)
- Fitness screenings (Strength, Balance, Flexibility)
- Exercise Prescription

Is there Childcare?

Yes. Our facility offers activity-based childcare for each of our members for 2.5 hours each day and is open six days a week. We accept children ages 6 weeks to 13 years old. Hours for available childcare are Monday-Thursday 8am-12pm and 4pm-8pm. Fridays and Saturdays 8am-12pm.

What types and how many pieces of fitness equipment will be on the fitness floor?

- Techno Gym Equipment
- Treadmills
- Elliptical
- Rowers
- Stationary Bikes

How old must a member be to use the facility's equipment?

You must be 14 years or older to use the equipment. Children younger than 14 will be eligible to visit our childcare room.

What will the pool temperatures be?

The lap pools temperature will range from 78-82 degrees and the warm water therapy pool will range from 85-89 degrees. Most likely going to be at the high end of the ranges.

What does your aquatic center consist of?

We have a 3 lane 25 yd. lap pool, warm water therapy pool, and whirlpool. Our warm water therapy pool is 50' by 40'

Will you offer group fitness classes?

Yes. We offer group classes throughout the day to accommodate all of our member's schedules.

Complimentary Services:

- Towels
- Toiletries in locker rooms

Optional Adds Ons:

- ABHFC merchandise
- Massages
- Health Coaching
- Conference rooms
- Personal Training
- Dietitians