

IMF FITNESS CENTER

IMF Retirees are eligible to use the IMF Fitness Center.

Membership Fees

A monthly membership fee of \$34 provides access to all the programs that the Fitness Center offers with the exception of personal training. Retirees pay via monthly credit card or ACH autopay \$34/month.

Membership Application

To become a member of the IMF Fitness Center you will need to:

- Complete a [Membership Application](#)
- Pay membership dues

Upon completion of the above, members will have their Fund ID activated to scan in each time they arrive to use the facilities.

The following programs are included in the price of your membership:

Group Exercise Classes: The IMF Fitness Center offers a wide range of group exercise classes, both in person and virtual. See the current exercise schedule and description of classes by visiting [Mindbody Online](#) and click on the "classes" tab at the top of the page.

Fitness Assessment: This 30-minute session measures your overall fitness level. The test includes blood pressure, body composition, cardiovascular endurance, muscular strength & endurance and flexibility.

Exercise Program Development: This one-on-one session allows you to discuss your health & fitness goals with a fitness specialist. Each program is prescribed individually according to your personal needs and goals. An appointment is required for all fitness testing and programming.

Courts: The center has facilities for racquetball, table tennis, squash, badminton and wallyball. Please schedule your appointment online through [Mindbody Online](#). The Fitness Center vendor, Aquila, offers several services that are also available to Fund employees who are not currently fitness center members, including:

Onsite Chiropractic Services: A licensed Chiropractor is available at the IMF Fitness Center Monday through Friday for your convenience. To schedule an appointment and inquire about insurance information, please contact drdavidcho@outlook.com.

Onsite Acupuncture - Calm your body and your mind with the available onsite Acupuncture services, by appointment. To speak to the acupuncturist and arrange an appointment, please contact Dr. Andrew Kim at 202-802-0296.

Onsite Physical Therapy: For onsite physical therapy services you may reach out to Dr. Cho, who in addition to being a chiropractor also provides physical therapy. Dr. Cho can be reached at drdavidcho@outlook.com or 571-393-0030.

Commercial Gym Memberships:

We participate with a few local gyms to offer you a reduced rate gym membership for use outside of the IMF Fitness Center. This can be a great addition for the weekend or days that the IMF is closed! Please be aware it is a full membership. See details below!

We participate with 24 Hour Fitness and LA Fitness.

- • Zero initiation
- • No annual fee
- • **No agreement – you can cancel at any time**
- • \$39.99/month

For more information, email fitnessc@imf.org

WSC Membership Benefits Include:

- Month-to-Month Membership - cancel at any time with a 30-day notice
- \$0 enrollment (reg. \$99)
- \$0 annual fee (reg. \$69)
- \$52.99 monthly dues for use of all Washington Sports Clubs
- \$31.79 monthly dues for use of a single location (excludes 1835 Conn. Ave. and Columbia Heights)

24-hr. Fitness Membership Benefits Include:

- Single Club Access - \$39.99/month
- Multi Club Access - \$45.99/month
- Zero initiation
- No annual fee
- No agreement – can cancel at any time

For more information, email fitnessc@imf.org

Trial visits:

Anyone eligible for Fitness Center membership may visit the center as a guest up to three times, within one business week, before joining. Guests must fill out a membership application on their first visit.

Locker Rentals:

The following rates apply for FY24:

- Temporary Lockers* (for use during a visit to the center) are available free-of-charge.
- Permanent Lockers* Orange Level Locker (per year): \$140
- Red Level Locker (per year): \$80

We have updated the process by which you will renew your locker. You will be notified thirty (30) days prior and fourteen (14) days prior to your locker expiration. Once your locker has expired you will be given a period of 2 weeks past that expiration date to come down to the fitness center and pay for your locker. This will effectively give you a 5-6 week period of time to come down and pay for your locker.

*Members are responsible for providing their own locks. The Fitness Center is not responsible for safeguarding personal items.

Personal Training:

Personal training services are available in the Fitness Center for an additional charge. Please see a Fitness Center specialist for more information.

Membership Adjustments:

Membership Cancellation - Notification to cancel membership must be made by email to FITCancel@imf.org. Refunds are not issued for cancellations, so please be sure to notify the Fitness Center in advance by using the designated email address.

Reinstatement of Membership Following Cancellation - The standard waiting period to reinstate a membership after cancellation is two months. A cancellation period shorter than two months is permitted when there is a documented medical reason to support it (e.g., maternity leave, recovery from illness, injury or surgery).

The reasons for this policy are that: (1) costs to provide this service are incurred year-round; therefore, short-term cancellations are discouraged, and (2) there is an administrative burden on the Fitness Center and the Finance Department each time a member cancels and reinstates membership.