

## IBM Fitness & Recreation Center

### Indoor Amenities:

#### Personalized Fitness Programs:

Equipment Orientations  
Fitness Assessments

#### Professional & Friendly Staff

#### Motivational / Incentive Programs

#### Group Exercise Classes

#### Locker & Shower Area

#### Personal Training (additional fee)

### Equipment:

#### Cardiovascular Equipment:

Treadmills, Ellipticals, Stairmasters  
Recumbent & Upright Bikes

#### Strength Training Equipment:

Cybox Equipment & Free Weights

#### Stretching Areas

### Outdoor Amenities:

#### Recreation Leagues

#### Running / Walking Trails

#### Tennis Courts / Fields

#### Field Locker Room

\*Fitness Center membership is not required to participate in outdoor amenities.



## Contact Information:

*Program Manager:*

**Lee Schimmelfing**

[leesch@us.ibm.com](mailto:leesch@us.ibm.com) / (919) 543-6262

*Group Exercise Class Coordinator:*

**Kerri Daly**

[kdaly@us.ibm.com](mailto:kdaly@us.ibm.com) / (919) 543-6107

*Recreation Coordinator:*

**Will Pack**

[wmpack@us.ibm.com](mailto:wmpack@us.ibm.com) / (919) 486-3021

*Fitness Specialist:*

**Scott Knox**

[rtpfit@us.ibm.com](mailto:rtpfit@us.ibm.com) / (919) 543-4125

Recreation Hotline:

**(919) 543-RECS (7327)**

**(Field updates — cancellations)**

### *Hours of Operation:*

<b>WINTER HOURS</b> OCT 1 <sup>ST</sup> – MAY 31 <sup>ST</sup>	<b>MONDAY – THURSDAY</b> 6:00 AM – 8:00 PM	
	<b>FRIDAY</b> 6:00 AM – 7:00 PM	
	<b>SATURDAY</b> 8:00 AM – 1:00 PM	
	<b>SUNDAY</b> CLOSED	
<b>SUMMER HOURS</b> JUNE 1 <sup>ST</sup> – SEPT 30 <sup>TH</sup>	<b>MONDAY – THURSDAY</b> 6:00 AM – 8:00 PM	
	<b>FRIDAY</b> 6:00 AM – 6:00 PM	
	<b>SATURDAY &amp; SUNDAY</b> CLOSED	
	<b>Recreation Grounds Weekday Hours (Mon- Fri):</b> Same hours as the Fitness Center	
<b>Recreation Grounds Weekend Hours (Sat &amp; Sun):</b> Open 8:00 AM – 4:00 PM		



3039 Cornwallis Rd.

BLDG 400

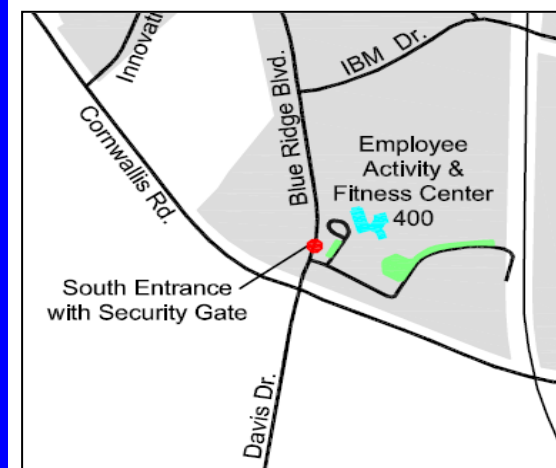
Durham, NC 27709

[rtpfit@us.ibm.com](mailto:rtpfit@us.ibm.com)

Phone: (919) 543-4125

Fax: (919) 543-0055

<http://w3.ibm.com/IBMClub>



## Fitness Center Staff:

The IBM Fitness Center seeks to provide our members with superior customer service, personal attention, and innovative programming creating a high quality fitness and health promotion environment.

The staff offers professional knowledge, guidance and motivation to help members obtain maximum benefits from their workout programs. Each staff member has a minimum of a Bachelors Degree in Exercise Science or health related field. Please contact the staff for advice on any health, fitness or recreational topics.



## Mission:

To provide high quality programs, activities, and services for the fitness, recreation and leisure time enjoyment of IBM employees, their immediate family, eligible dependants, retirees and domestic partners.

\* To subscribe to the (monthly e-mail) IBM Fitness & Recreation Fitness Center's newsletter, send an e-mail to [rtpfit@us.ibm.com](mailto:rtpfit@us.ibm.com)

\* Seated Contractors are welcome to participate in the IBM Fitness Center

## Recreation:

The Fitness & Recreation Center offers the following sports leagues and recreational events for all skill levels:



40 acres of recreational grounds include: Softball Fields, Tennis Courts, Basketball Courts, Sand Volleyball Courts, Soccer Field & 3 Horseshoe Pits

## Group Exercise:

Group Exercise Classes are included in the membership. Classes include:

**Yoga**                      **Abs/Core**                      **Kickboxing**  
**Sculpt**                      **Cycling**                      **Jump Rope**



## Membership Info:

### Annual Fees & Policies

<b>INDIVIDUAL - \$240</b>	<b>SINGLE RETIREE - \$204</b>
<b>FAMILY - \$324</b>	<b>RETIREE FAMILY - \$274</b>
<b>SEATED CONTRACTOR</b>	
<b>6 MONTHS - \$175</b>	<b>1 YEAR - \$324</b>
<b>INTERN/CO-OP - \$25.00/MONTH</b>	
<b>GUEST FEE - \$7.00/DAY</b>	

- o **Membership Eligibility:** IBM Employees, Co-ops Spouses, Retirees and their Spouses, Domestic Partners, and Dependants of an Employee.
- o **Electronic Payment Option:** The Fitness Center accepts electronic payments. Monthly or annual installments can be automatically drafted from a credit card or checking account.
- o **Seated Contractors:** Please see staff member for details. Eligible candidates must work on IBM RTP's campus. Individual memberships only.
- o **Dependants:** Between the ages of 15-23.
- o **Guests:** Must be an IBM employee, spouse, domestic partner, or an eligible dependent of an IBM employee/retiree.

**Tennis Court Reservations:** On-line Tennis Court Reservations: Reservations can only be made on-line using the RTP CRBS database.

### Steps to reserve Tennis Courts:

1. In your LotusNotes Workspace, go to RTP CRBS
2. Click on Reserve a Room/Resource
3. Bldg 400, Click OK
4. Modify Date & Time (**1.5 hour time limit**)
5. Search Available Room/Resource (Bldg 400)
6. Click Search & then click on tennis court
7. Click OK & then Submit.

\* Retirees: call 543-4125 to reserve a tennis court \*

