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:
  - Cybex 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.*

**Equipment:**

<table>
<thead>
<tr>
<th>WINTER HOURS</th>
<th>MONDAY – THURSDAY</th>
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</thead>
<tbody>
<tr>
<td>OCT 1ST – MAY 31ST</td>
<td>6:00 AM – 8:00 PM</td>
</tr>
<tr>
<td>FRIDAY</td>
<td>6:00 AM – 7:00 PM</td>
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<tr>
<td>SATURDAY</td>
<td>8:00 AM – 1:00 PM</td>
</tr>
<tr>
<td>SUNDAY</td>
<td>CLOSED</td>
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<table>
<thead>
<tr>
<th>SUMMER HOURS</th>
<th>MONDAY – THURSDAY</th>
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</thead>
<tbody>
<tr>
<td>JUNE 1ST – SEPT 30TH</td>
<td>6:00 AM – 8:00 PM</td>
</tr>
<tr>
<td>FRIDAY</td>
<td>6:00 AM – 6:00 PM</td>
</tr>
<tr>
<td>SATURDAY &amp; SUNDAY</td>
<td>CLOSED</td>
</tr>
</tbody>
</table>

**Contact Information:**

**Program Manager:**
Lee Schimmelfing
leesch@us.ibm.com / (919) 543-6262

**Group Exercise Class Coordinator:**
Kerri Daly
kdaly@us.ibm.com / (919) 543-6107

**Recreation Coordinator:**
Will Pack
wmpack@us.ibm.com / (919) 486-3021

**Fitness Specialist:**
Scott Knox
rtpfit@us.ibm.com / (919) 543-4125

**Recreation Hotline:**
(919) 543-RECS (7327)
(Field updates — cancellations)

**Hours of Operation:**

**Recreation Grounds Weekday Hours (Mon- Fri):**
Same hours as the Fitness Center

**Recreation Grounds Weekend Hours (Sat & Sun):**
Open 8:00 AM – 4:00 PM
**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

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

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**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

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**Annual Fees & Policies**

<table>
<thead>
<tr>
<th></th>
<th>INDIVIDUAL - $240</th>
<th>SINGLE RETIREE - $204</th>
</tr>
</thead>
<tbody>
<tr>
<td>FAMILY</td>
<td>$324</td>
<td>RETIREE FAMILY - $274</td>
</tr>
<tr>
<td>SEATED CONTRACTOR</td>
<td>6 MONTHS - $175</td>
<td>1 YEAR - $324</td>
</tr>
<tr>
<td>INTERN/CO-OP</td>
<td>$25.00/MONTH</td>
<td>GUEST FEE - $7.00/DAY</td>
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- **Membership Eligibility:** IBM Employees, Co-ops Spouses, Retirees and their Spouses, Domestic Partners, and Dependents of an Employee.
- **Electronic Payment Option:** The Fitness Center accepts electronic payments. Monthly or annual installments can be automatically drafted from a credit card or checking account.
- **Seated Contractors:** Please see staff member for details. Eligible candidates must work on IBM RTP’s campus. Individual memberships only.
- **Dependants:** Between the ages of 15-23.
- **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

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