



Would you like to be a member of Four Seasons Health Club?

We are happy to announce your company is now a corporate sponsor of Four Seasons. What does this mean for you? Eligible employees receive a 20% discount on membership fees, and can enjoy all Four Seasons has to offer!

Corporate Single: \$41/month

Corporate Family: \$55/month

To enroll please visit the Front Desk at either Four Seasons location
(please bring your employee ID)

Group Fitness Classes

We offer over 150 FREE fitness classes each week. There's something for everyone. For a complete list of classes and descriptions, inquire at the front desk, visit our website (4seasons-club.com) or mobile app.



Personal & Small Group Training

Achieve your fitness goals! Affordable options are available for one-on-one, semi-private, and small group training with our Certified Personal Trainers. Inquire at our front desk for more information.



The PIT Ready for a real challenge? Up your game in The PIT. The PIT provides high intensity group sports performance training for youth and adults. Specialized programs challenge the body, emphasizing injury reduction and maximized results!



Pilates Reformer We have seven Allegro Reformers, Pilates Combo Chairs and Arcs to strengthen your core. Our certified Reformer trainers will help you achieve greater strength and muscle tone, improved posture, increased flexibility and balance, and a more streamlined shape.



Learn to Swim

We offer swim lessons for children and adults. Affordable group, private and semi-private lessons are widely available to accommodate your busy schedule.



Basketball, Racquetball & Indoor Track

Our gyms at Four Seasons I have 17 basketball rims, a full-size hardwood basketball court, volleyball court, pickleball & kid's areas. Log your miles on our 1/9 mile indoor track or play racquetball in one of our two courts.



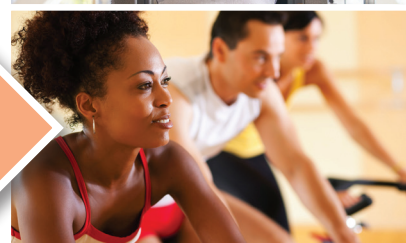
Equipment Orientations

Curious about what will work best for you? Learn how to use all of the equipment our facilities have to offer. See our front desk for more information.



Spinning Workshops

Interested in Spinning? Sign up for a Spinning workshop. This 45-minute class will help you be properly fitted for a spin bike and show you all the benefits Spinning has to offer!



Karate Our Shotokan Karate program develops coordination, agility, and trains the student to channel mental energy in a positive manner, as well as reduces tension caused by everyday stress! Classes are available to members age 6 to adult.



Childcare

FREE Childcare for ages 6 weeks to 15 years. Children can learn and explore, be active, imaginative and creative in a safe, stimulating and colorful environment.



Special Programming

There's always something going on at Four Seasons! Whether it's an informational seminar, wellness program, charity fitness event, sports clinic for kids, or community event, you'll find something to keep you interested.

Stay Connected

Want to know what's coming up? We'll keep you posted. Download our mobile app, visit our website, follow us on Facebook, and watch for information in the clubs.



Club Information

Club Hours:

Monday – Friday 5:00 am – 10:00 pm
Saturday 5:00 am – 8:00 pm
Sunday 8:00 am – 8:00 pm

Four Seasons I

904 Four Seasons Road
Bloomington, IL 61701
309.663.2022

Four Seasons II

2401 Airport Road
Bloomington, IL 61704
309.661.8611

Four Seasons I is an all ages facility. However it is open to adults only (16 and older) from 5:00 am to 10:00 am Monday – Saturday, and 8:00 am to 10:00 am Sundays, except for children who are in Childcare or participating in scheduled programs.

Four Seasons II is adults only (16 and older) at all times, except for children who are in Childcare.

4seasons-club.com



Download our
mobile app

