The Spring House

Summer '21 Rates

The Spring House Amenities

COMPLIMENTARY TOWEL SERVICE
FITNESS AND EQUIPMENT ROOM

- 4 Green Series 7000 Treadmills
- 4 Green Series 7000 Ellipticals
- 2 Green Series 7000 Recumbent Bikes
- 2 Green Series 7000 Upright Bikes
- 1 Rowing Machine Pro
- 6 Combination and Multi-use Resistance Stations
- Jones Functional Smith
- Multi-Functional Training Tower
- Stairmaster Gauntlet
- Assorted Adjustable Benches & Free Weights
- Various Swiss and medicine balls
- Resistance Bands and Kettlebells

SAUNA with Lounge Area

RACQUETBALL COURT or Wally Ball ($3/person/hour)

STUDIO for Group Fitness Classes ($12/person/class) such as Aqua Fitness, Bootcamp, Yoga, Zumba, etc. Also available to rent for private parties.

MEN'S AND WOMEN'S LOCKER ROOMS with hair & body wash, wet swimwear bags, and hairdryers

FAMILY LOCKER ROOM for families with small children

POOL COMPLEX

- Large Heated Pool
- Lap Swimming Hours 7:30 - 9:30 a.m.
  Reservations Recommended
- Splash Pool with Fountains and Frog Slide
- Hot Tub

Outdoor Pool Complex

COMPLIMENTARY TOWEL SERVICE

MEN'S AND WOMEN'S LOCKER ROOMS with hair & body wash, wet swimwear bags and hairdryers

LARGE HEATED OUTDOOR POOL with indoor entry

2 OUTDOOR HOT TUBS • INDOOR HOT TUB

STEAM ROOM • SAUNA

SPRING HOUSE
POOL & FITNESS CENTER

(802) 228-1419

Membership Rates

Basic Membership

Includes use of the Spring House facilities. Extra fees apply for racquetball and group fitness classes.

	MONTHLY	ANNUAL Calendar Year
Single:	$65	$600
Couple:	$115	$1,110
Family:	$165	$1,620

Epic Membership

Includes use of Spring House facilities, regularly scheduled fitness classes, and Sunday – Thursday access to the outdoor pool complex. Extra fees apply for racquetball.

	MONTHLY	ANNUAL Calendar Year
Single:	$105	$1,150
Couple:	$170	$1,850
Family:	$235	$2,550

Day Passes

Day Pass:	$15
Senior: Age 65+ Proper ID required. Valid Monday - Friday, non-holiday only.	$4
Infant, Age 3 & younger:	Free with Paying Adult
Member Guest Pass: Must be accompanied by Member.	$9

Punch Cards

10 Punch Day Pass Card:	$120
10 Punch Member Guest Pass Card:	$70
10 Punch Fitness Class Card:	$100
10 Punch Pool Pass Card:	$100
10 Punch Senior Pass Card: Proper ID required. Valid Monday - Friday, non-holiday only.	$30