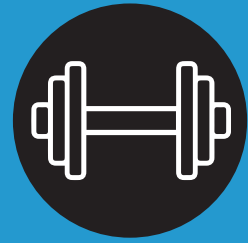


2021



2022



PROGRAM GUIDE



**DOWNLOAD OUR NEW APP
FOR EASY REGISTRATION!**

29350 NORTHWESTERN HWY. • SOUTHFIELD, MI 48034

(248) 352-8000 • FRANKLINCLUB.COM



CONTACT US

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MEMBERSHIP DIRECTOR

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29350 NORTHWESTERN HWY.

SOUTHFIELD, MI 48034



MEMBERSHIP



"I am very fortunate to live so close to a full service premium facility. Not only are their facilities and programs fantastic, their staff is pleasant as well. Love going there and highly recommend Franklin Athletic Club"

-Bill Atkinson

Franklin Athletic Club is the place to be if you are looking for a fitness community where everyone is welcome and supported in their pursuits of living a healthy, well-balanced life, while having fun. We are an inclusive club that is committed to our members' success, by providing a state of the art fitness experience for all ages. Franklin is consistently voted Best Tennis Club by HOUR Magazine—we have veteran tennis pros who offer the tips needed to up your game. We are one of the few clubs in the heart of Oakland County that offers indoor tennis, racquetball, and squash courts. We also are committed to building a strong foundation for fitness with our youngest members. Our children's programs are year-round and are designed to enhance developmental skills specifically by age group for our members ages 2 months to 18 years old. Conveniently located close to both residential and business communities in the 696 corridor, it's easy to make Franklin part of your daily routine.



VALUE



FAMILY FOCUS



COMMITMENT



AMENITIES

THE FRANKLIN VALUE

- Locker rooms with full amenities including steam, sauna and whirlpool
- Complimentary Group Fitness Classes
- Full service on-site childcare
- Discounted member rate for all children's programming
- Year-round children's classes offered at no additional cost for select classes
- Membership includes free racquetball & squash court time
- Members have access to reserve or walk on tennis courts for half off

EARLY CHILD DEVELOPMENT OFFERINGS

- Onsite preschool centered on academics with certified teachers specializing in early child development
- Includes daily fitness such as swimming, tennis, and yoga taught by our FAC Certified Fitness Instructors onsite.
- Enrichments are also included at no additional cost such as: Spanish, Music, Art Class, Drama, and Library onsite during the school day
- Tot Programs, School break Camps, Basketball, Kids Fitness, Parties, Kids Night Out Events, Tennis, Gymnastics and more!

COMMITMENT TO OUR MEMBERS' SUCCESS

- High level professional staff and trainers
- Programs providing instruction on the proper form to deliver the best results
- DMC rehabilitation services—to help get you back to your level of fitness

CLUB AMENITIES

- Indoor and Outdoor pools including a kiddie pool with zero depth entry
- State of the Art fitness studio
- 13 indoor tennis courts
- 5 racquetball and 3 squash courts
- Two full size basketball courts that are home to Pistons Academy Basketball: offering youth skills and camps
- Newly remodeled TRX Studio
- Indoor walking/running track
- Aquatics Program—from swim lessons to swim training
- Banquet and party facilities with full liquor license

FITNESS

Welcome to Franklin Athletic Club!

My name is Lisa Soverinsky and I am the Fitness Coordinator at Franklin Athletic Club overseeing the Fitness Department. We want our members to feel safe, comfortable and included in our Franklin Fitness Community. Fitness is not just the external body, but the combination of mind, body and spirit. Your cardio workouts and training plan should benefit you both inside and out. Together, we can help you achieve your goals for optimal health and wellness.

All new members receive a complimentary Fitness Assessment and Personal Training Orientation in order to evaluate where your body currently is and where you want it to be. We will then put together a plan for you based on this assessment, but more importantly, based on your own fitness goals. The last year has really taken a toll on us physically and mentally. Now, more than ever we see the importance of physical fitness and overall wellness to combat the challenges that we have to face in our lives.

Let me help you take the first step in the right direction to overall health and wellness. Contact me at 248-352-8000 ext. 273 or lsoverinsky@ffrc.net to set up your free fitness session. We have a variety of Master Trainers on staff with backgrounds in sports performance training, post-rehabilitation training, balance, core and functional training, and much more. We can talk about the challenges and obstacles that are preventing you from being your best self and get you on track with a plan of action that includes accountability, commitment, motivation and support.

#GETFITWITHFAC

**FOR PRICES, PROGRAMS, AND PACKAGES,
PLEASE CALL THE FITNESS DEPARTMENT AT
(248) 352-8000, EXT. 273 OR VISIT**

WWW.FRANKLINCLUB.COM

**FRANKLIN BELIEVES IN
REAL RESULTS TO IMPROVE
YOUR QUALITY OF LIFE
BOTH PHYSICALLY AND
MENTALLY. WE ARE
OBLIGATED TO HELP OUR
MEMBERS ACHIEVE THEIR
GOALS. TOGETHER WE CAN
HELP YOU BE YOUR BEST.**

OUR OFFERINGS INCLUDE:

- State of the art instruction for each of our members through a comprehensive evaluation.
- In depth health screening to ensure exercise safety.
- Pre-exercise physiological health measurements such as resting blood pressure, resting pulse and estimated maximal heart rate for sub maximal testing and training.
- Body composition analysis
- Musculoskeletal assessments that looks at endurance strength and power as well as functional range of motion and balance
- Total body measurements
- Equipment and exercise technique evaluation to ensure correct movement, intensity and progression.
- Exercise prescription based on multiple scenarios that fits appropriately into your life.
- Education around topics such as chronic condition management, appropriate health related fitness goals, and long term health planning.



FRANKLIN ATHLETIC CLUB

29350 NORTHWESTERN HWY
SOUTHFIELD, MI 48034
(248) 352-8000

☐ Member
☐ Non-Member

CLASS REGISTRATION FORM

Name of Class or League			Day of Class		Time of Class						
Session I <input type="checkbox"/>		Session II <input type="checkbox"/>		Session III <input type="checkbox"/>		Session IV <input type="checkbox"/>		Session V <input type="checkbox"/>		Session VI <input type="checkbox"/>	
Name of Child				Age		Birthdate					
Parent's Name											
Home Phone				Cell Phone				Emergency Number			
Email Address				Address, City, Zip							
My Child May be Released to											
Allergies or special information regarding my child											
Credit Card (Mandatory to have a card on file)								Exp. Date			

In consideration of being allowed to participate in any party and/or program at Franklin Athletic Club/Franklin Academy, the undersigned, on his or her behalf, and on the behalf of the participant(s) identified below, acknowledges and agrees to the following conditions:

- I represent that I am the parent or legal guardian of the participant(s) listed below, or I have obtained permission for the parent/legal guardian of the participant(s) listed below to execute this agreement on their behalf:
- The risk of injury to participant(s) may exist in this program and which particular rules, equipment and personal discipline may reduce the risk, the risk cannot be completely eliminated in injury is possible.
- I knowingly and freely assume all such risks, both known and unknown, even if arising from the negligence of the releases' or others and assume full responsibility for my participation.
- I willingly agree to comply with the stated and customary terms and conditions for participation and if I observe any unusual significant hazard during my presence or participation, I will remove myself and bring such to the attention of the nearest official immediately.
- I for myself and on behalf of my heirs, assigns, personal representatives and next of kin, hereby release, indemnify and hold harmless the Franklin Athletic Club/Franklin Academy, their officers, officials, agents and/or employees, other participants, sponsoring agencies, sponsors, advertisers, and if applicable, owners and lessors of premise used to conduct the event ("releases"), with respect to any and all injury, disability, death, or loss or damage to personal property, whether arising from negligence of the release's or otherwise, to the fullest extent permitted under law.

I HAVE READ THE RELEASE OF LIABILITY AND ASSUMPTION OF RISK AGREEMENT FULLY AND UNDERSTAND ITS TERMS AND UNDERSTAND THAT I HAVE GIVEN UP SUBSTANTIAL RIGHTS BY ACCEPTING IT AND SIGN IT FREELY AND VOLUNTARILY WITHOUT ANY INDUCEMENT.

Signature

Date

No Refunds

Participant must be member to receive discount