

**SERVICES OFFERED BY  
THE IDRA FITNESS  
CENTER**

- Cardiovascular Equipment including treadmills, ellipticals, steppers, rowing machines and both recumbent & upright stationary bicycles
- Weight Equipment including free weights, Cybex weight machines and a variety of weight benches
- Individualized fitness workouts
- Basketball court (under construction)
- Group Exercise Classes
- Sauna
- Fitness Assessments\*
- Personal Training\*
- Massages by a certified massage therapist\*
- Judo\*
- Golf Outings\*

\*These items require an additional cost

Please see a staff member for more information about these services.

*The IDRA also offers the following services:*

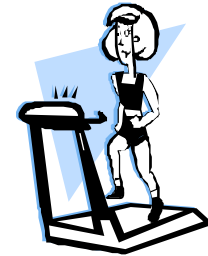
- Post Office
- Buying Service
- Dry Cleaners
- Barber Shop/Beauty Salon

For more information about these services please contact the IDRA main office at 202-208-7381.

**IDRA Fitness Center**

1849 C St NW #B538  
Washington, DC 20240

Phone (202) 208-5756  
Fax (202) 208 – 6976



Interior Department Recreation  
Association Fitness Center  
DOI MIB Room B-538

Open: Monday-Friday  
6:30am - 7:30pm

Phone: 202-208-5756  
Fax: 202-208-6976

Website: [www.interiorrec.org](http://www.interiorrec.org)



## CONGRATULATIONS!

By reading this brochure you have already taken the first step to beginning or continuing a healthier and more active lifestyle. We invite you to discover what we have to offer and see how you can enjoy the benefits of physical fitness.

## ABOUT US

The Interior Department Recreation Association (IDRA), a non-profit organization founded by members of the Department of Interior, provides the service of the fitness center for the employees of DOI and the employees of neighboring buildings. The IDRA Fitness Center provides its members with initiation and membership costs that are much lower than comparable facilities in the area and provides the convenience of being close to your workplace. All of the fitness center staff is nationally certified in group exercise, personal training, CPR and first aid. Our newly renovated fitness center is equipped with updated locker/shower facilities, a new heating ventilation air conditioning (HVAC) system, handicapped accessibility, skylights, saunas, an updated pro shop and other amenities.

## FITNESS CENTER PRICE LIST

All fitness center members must pay a non-refundable **\$15.00** initiation fee in addition to the fees listed below. Members must also remain in good standing with the IDRA paying the **annual association fee** of \$13 (DOI, OPM, OAS, PAHO, DAR & retirees), \$15 (GSA and all others) or \$28 (Membership PLUS). Association and initiation fees must be paid upon joining.

### DOI/OPM EMPLOYEES

\$370.00 Annually

\$15.00 Biweekly\*

\*By payroll allotment. Payroll allotment is available only for DOI and OPM employees.

### GSA EMPLOYEES

\$370.00 Annually\*

\$191.00 Semi-Annually\*

\$99.00 Quarterly\*

\*A \$2.00 billing fee will be charged upon renewal of annual, semi-annual or quarterly option.

### DAR/OAS/PAHO EMPLOYEES

\$396.00 Annually

\$33.00 Monthly\*

\*All employees of OAS, PAHO and DAR must have prior written approval from their Staff Association contact person for monthly deductions and must complete an IDRA Fitness Center Application.

## PRICE LIST (CONTINUED)

### ALL OTHERS/CONTRACTORS

\$390.00 Annually\*

\$207.00 Semi-Annually\*

\$105.00 Quarterly\*

\*A \$2.00 billing fee will be charged upon renewal of annual, semi-annual and quarterly options.

### RETIREES

\$234.00 Annually\*

\*Annual and association dues must be paid in full upon joining.

## IDRA MEMBERSHIP PLUS

IDRA invites you to join or upgrade to Membership Plus for \$28 and receive these benefits:

- ❖ A **Personal Advisory Service** which you access through toll-free numbers to receive a private telephone consultation, reputable referrals within your budget, and/or educational literature on a variety of topics.
- ❖ A savings on all insurance plans because administrative fees are waived for PLUS members!
- ❖ \$5,000 Accidental Death & Dismemberment Insurance (All Conveyance) at no cost.
- ❖ Travel Discounts
- ❖ Access to group rated insurance programs such as dental, life, professional liability, automobile, home owner's and accidental death & dismemberment.