



2 0 1 0 R A T E S A N D P O L I C I E S

Lussier Fitness Center

in the Goodman Community Center

Hours

Monday through Friday	6:00 am-8:00 pm
Saturday	8:30 am-5:00 pm
Sundays	8:30 am-5:00 pm

Rates for Memberships, Drop-in use and Convenience Cards

Effective January 1, 2010

Drop-in	\$3 per use, cash only
LFC Convenience Cards	\$65.00, 26 use pass \$25.00, 10 use pass (<i>Available mid-January</i>)
Annual Adult Membership	\$200
Six-Month Adult Membership	\$125
Annual Senior Membership	\$175 (<i>Seniors = 60 and older</i>)
Six-Month Senior Membership	\$100

Who can use the fitness center?

The fitness center is open to anyone in our community 17 and older.

Exceptions: 1) High school students enrolled in the VIP program here at the Center will be using the fitness center, with supervision, every weekday from 1:30-2:20 pm. 2) Center staff will also occasionally schedule and supervise small groups of youth under age 17 who are enrolled in Center programs.

What to bring from home

- » **Headphones** if you want to listen to the TVs at elliptical and treadmill machines.
- » **Clean shoes** are ***required*** to keep our equipment clean and working well.
- » **Towel** and toiletries if you plan to use the Fitness Center showers.

Equipment

The Lussier Fitness Center features 6 treadmills, 5 elliptical machines, a full circuit of individual weight training machines, 3 stationery bikes, a handicapped accessible trainer machine, stretching machine, stretching mat, and small weights.

TVs are at each elliptical and treadmill. **Bring your own headphones.**

Showers The Fitness Center also features two handicapped accessible showers. **Bring your own towels and supplies.**

*The Lussier
Fitness Center
is made possible
by a gift from
Jack Lussier.*