



Lussier Fitness Center

in the Goodman Community Center

Hours

Monday through Thursday	6:00 am-9:00 pm
Friday	6:00 am-8:00 pm
Saturday and Sunday	8:30 am-6:00 pm

Goodman
Community Center

2017 RATES and POLICIES

Drop-in \$4.00 per use

Adult Memberships, 17 and older

Annual	\$225 [\$1.44 per use if you come 3x per week]
Six-month	\$150 [\$1.92 per use if you come 3x per week]
Three-month	\$80 [\$2.05 per use if you come 3x per week]

Older Adult Memberships, 60 and older

Annual	\$175
Six-Month	\$100
Three-Month	\$65

The fitness center is open to anyone in our community 17 and older.
Exceptions: 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 5 treadmills, 6 elliptical machines, a full circuit of individual weight training machines, 3 stationary 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.



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