



## **ZEELAND RECREATION FITNESS CENTER**

### Cardio & Fitness Center Rooms:

Our cardio & fitness center rooms include spin bikes, ellipticals, treadmills, stair steppers, rowing machines, arc trainers, recumbent bikes, core workout equipment, a wide variety of weight lifting machines, and a full array of dumbbells.

### Two Pools:

Our Fitness Center includes two 6-lane, 25-yard length pools. Our “warm pool” is used for our aquatics fitness classes, swimming lessons, and water walking, while our “cold pool” is used for lap swimming and some aquatics fitness classes.

### Two Studios:

Our Fitness Center contains two studios. “Studio A” is primarily used for dance classes, while “Studio B” is primarily used for our adult fitness classes, while it also includes additional cardio and fitness equipment and a variety of core workout equipment.

### Locker Rooms & Showers:

Our Fitness Center has state-of-the-art locker rooms that include showers, lockers, and much more. All those that enter our facility are welcome to use those facilities at the completion of their workout, class or activity.

## **FITNESS CENTER MEMBERSHIP OPPORTUNITIES**

All membership options include use of the cardio and fitness rooms and access to lap swimming/water walking in our pools (called “Water Fitness” on our pools calendars). Memberships do not include access to our adult fitness classes or adult aquatics classes.

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| <u>Individual Membership</u>   | \$30/per month |
| <u>Family Membership</u><br>Includes all immediate family members (children = 18 years & under)          | \$50/per month |
| <u>Senior Membership</u><br>Available to members 60 years of age or older                                | \$15/per month |
| <u>Military and Veteran Membership</u><br>Available to all active, reserve, retired or disabled veterans | \$15/per month |
| <u>Student Membership</u><br>13 years of age + (along with valid school ID)                              | \$15/per month |

## **ADULT FITNESS & AQUATICS CLASSES**

Our wide variety of adult fitness and adult aquatics classes are available a la carte to anyone 18 years of age and older. For a full list of classes and calendars, visit our “Adult Fitness Classes” page on our website (<http://recreation.zps.org/fitness-classes/>). Community members have the following purchasing options for these classes:

### Punch Cards (\$30):

Punch cards are good for 10 workouts or classes of your choice, without an expiration date or timeline of when you can use those punches. Punch cards can be used for working out in our cardio & fitness room, participating in water fitness (lap swimming/water walking), or participating in a regularly scheduled adult fitness class.

### Daily Visit Pass (\$4):

Daily visits are valid only on the date of purchase and allows access to working out in our cardio & fitness room, participating in water fitness (lap swimming/water walking), or participating in a regularly scheduled adult fitness or adult aquatic class.