

## Zeeland Recreation Cardio & Fitness Center

The Fitness Center features state-of-the-art equipment such as ellipticals, treadmills, stationary and recumbent bikes along with an excellent selection of weightlifting machines and free weights.

Zeeland Recreation staff will be available during peak hours to instruct you on proper form, create an appropriate workout to help you increase your fitness level, and provide the motivation you need to succeed. If you're new to fitness or just need guidance achieving your fitness goals, our staff will be there with you every step of the way.

Memberships are available. This is a tremendous opportunity to take advantage of a fine facility at great savings. Best of all, there are no contract or start up fees. It's simple and convenient. Just choose the membership that's right for you.

### Regular Membership

**\$30/per calendar month**

**Please note: Our regular membership rate is reduced to \$20/per calendar month during the months of June, July, and August. All other membership rates remain the same. Call 616-748-3227 for details.**

### Family Membership Rates

-Includes immediate family members only; children 18 years and under

-First family member pays regular rate

**\$30/per calendar month**

-Second family member pays

**\$15/per calendar month**

-Additional family member pays

**\$10/per calendar month**

### Senior Membership

-60 years of age or older

**\$20/per calendar month**

### Military and Veteran Membership

**\$20/per calendar month**

-Available to all active, reserve, retired or disabled veterans with one of the following valid IDs:

-Active duty military ID card with a picture.

-A retired military ID card with a picture.

-VA card (Department of Veterans Affairs); must have the words SERVICE CONNECTED under picture.

### Afternoon Membership

**\$20/per calendar month**

-Monday through Friday 1:00pm-4:00pm

-All day Saturday

### Student Membership

**\$15/per calendar month**

-Must be at least 13 years of age with a valid school ID card

### Daily Membership

**\$4/daily**

### Swim & Gym Membership

-First adult member rate

**\$45/per calendar month**

-Discount rate for spouse only

**\$30/per calendar month**

### Fitness Center Hours

Monday-Friday: 5:30am-8:30pm | Saturday: 7:30am-1:00pm | Sunday: Closed

**Please note: Summer hours will be in effect from June 1 – September 3, 2016. Hours subject to change.**

Guests are asked to leave the Center within 15 minutes after closing hours. Hours subject to change without notice.

Fitness Center participants must be 13 years of age or older. 13-15 year olds using the Fitness Center must go through a mandatory fitness orientation with our trainer. 13 year olds must be accompanied by a parent or guardian.

All participants have the option to participate in an equipment orientation session prior to using the Fitness Center.

Locker rooms are available for day use only. Please bring your own lock. Family locker rooms are also available.

Visit our website at <http://recreation.zps.org> for details regarding our adult fitness and aquatic classes.