

Membership Cards

Each adult and youth member receives a membership card which is required for admittance to use the Center.

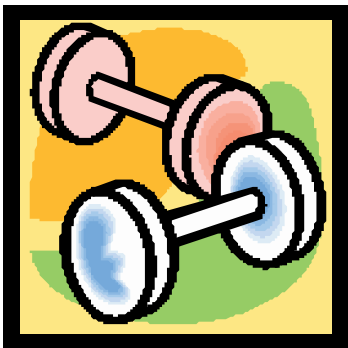
Memberships are not transferable or refundable. Cards must be shown at the desk to be admitted to the facility and are required for class registration, when asking for the discount.

Memberships may be purchased at the Community Education Office or the Plymouth Community Fitness Center. Members must be at least in 7th grade to participate. All 7th and 8th graders must be accompanied by an adult with a membership.

A daily pass may be purchased for \$3.00.

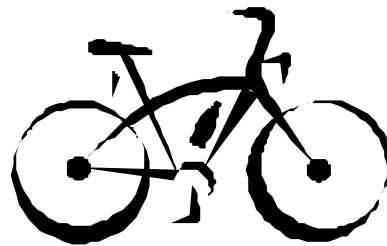
The Plymouth Community Fitness Center is located in the lower level of the High School. Enter through the south doors and proceed down the inside stairs to the Center.

Persons not working out will be asked to leave.



Plymouth Community Fitness Center Membership Fees

	Year	Semi	Quarterly
Individual	\$200	\$110	\$60
Senior	\$120	\$70	\$45
Family	\$300	\$160	\$90
High School and College Students	\$50		



Plymouth Jt. School District
Community Education
(920) 892-5068

125 Highland Avenue
Plymouth, WI 53073
High School Lower Level



Plymouth Community Fitness Center

Plymouth Jt. School District
Community Education
(920) 892-5068



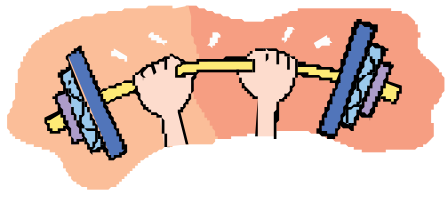
Lifelong learning and wellness contribute to a positive self image, improved circulation, cardiovascular endurance, as well as weight loss and muscle toning.



Plymouth Community Fitness Center Hours

Monday-Friday	6:00 - 8:00 a.m.
Monday-Thursday	4:00 - 8:00 p.m.
Friday	4:00 - 7:00 p.m.
Saturday	8:00 - 11:00 a.m.

Please be aware that hours may change. Check the board outside of the Plymouth Community Fitness Center for changes.



Orientation

You must take part in an orientation of the equipment if you are a beginner. If you are familiar with equipment you may ask for help when needed. We do encourage all to take part in this orientation.

A supervisor is on duty at all times. They are there to answer you questions and to help you.

Equipment Available

Life Fitness Equipment

Treadmills
 Recumbent Bicycles
 Stair climber
 Elypticac Cross Trainers and much more!

Free weights

25% discount on aerobic classes

Lockers

There are a limited amount of lockers available to members. All members are responsible for securing their own items. You must supply your own padlock and remove it after each visit. Any lock left will be cut off.

Showers

Shower facilities are available to all members. You must supply your own towels. When high school events are occurring, some restrictions may apply.

Dress Code

Required for males and females:

- Rubber soled shoes-no sandals or open toed shoes
- T-shirt or tank top at all times
- Workout clothing with no exposed buckles, snaps or zippers
- No blue jeans or dress pants
- Dress tastefully!

Food or drink will not be allowed in the Plymouth Community Fitness Center. Spill proof water bottles will be allowed.



Lost and Found

Items that may have been misplaced will be kept in the Plymouth Community Fitness Center for one month.

