

WELLNESS CENTER EQUIPMENT

15 Selectorized Stations

Shoulder Press
Chest Press
Rotary Torso
Lat Pull Down
Leg Press
Leg Extension
Tricep Extension
Bicep Curl
Leg Curl
Abdominal
Pectoral Fly/ Rear Delt
Inner Thigh
Back Extension
Outer Thigh
Seated Row
Gravitrone
Abdominal Incline Board
Quantum Abdominal Machine

AEROBIC STATIONS

2 Stairmasters PT-4000's
7 Treadmills
4 Upright Bikes
2 Recumbent Bikes
7 Elliptical Fitness Crosstrainers
SportsArt XTrainer
3 AMT Advanced Motion Technology Trainer
Recumbent Elliptical
Recumbent Rowing Machine

15 FREE WEIGHT STATIONS

2 Olympic Supine Bench Presses
2 Multi-Purpose Power Racks
Olympic Military Shoulder Press
Olympic Incline Bench Press
Decline Bench Press
Preacher Curl Bench
T-Bar Lever Row
Paramount Functional Trainer
Counter Balance Smith Machine
Hip Sled
Hyper-Extension
Roman Chair
Seated Calf

OVER 5,000 LBS. OF FREE WEIGHTS



Get in **SHAPE** & be Healthy

Join your community owned fitness center today! You will be greeted with a smile by our friendly staff and made to feel like you're at home. We offer a comprehensive collection of cardiovascular and strength training equipment, and dumbbells, along with a variety of new and classic fitness classes.

Features:

- *Cardio Theater
- *15 Precor Selectorized Weight Stations
- *15 Free Weight Stations

NRC WELLNESS CENTER



The NRC Wellness Center's mission is to provide opportunities that enable the community to appreciate, maintain, and improve physical and social well being.

415 N. Poplar
Newton, KS 67114
(316) 283-7330

WWW.NEWTONREC.ORG

MEMBERSHIPS

Visitor	\$5/Day		\$10/Week
	Monthly	6-Month	Annual
Single	\$34	\$170	\$340
Family	\$54	\$270	\$530
Single Senior	\$24	\$120	\$240
Family Senior	\$40	\$210	\$400
Student	\$24	\$120	\$240
Special Pops	\$24	\$120	\$240
Family Special Pops	\$40	\$210	\$410
NOTE: SENIOR = 55 YEARS OR OLDER			



Business memberships are annual fees that may be shared in any percentage between the employer and the employee. A Business membership entitles the employee, their spouse and dependent children living within their household to the WC benefits.

# OF EMPLOYEES	FEE PER EMPLOYEE
>100	\$160
50 - 99	\$185
25 - 49	\$235
10 - 24	\$290
1 - 9	\$330

\$5 Discount for Newton Chamber members

WELLNESS CENTER MEMBERSHIP FEES INCLUDE...

SWIM/GYM USAGE CHECK-OUT CARD

Racquetball Courts
Public Swim at the NRC Pool
Checking out a Basketball/Volleyball

PUBLIC SWIM

Monday & Wednesday	Noon-1:00 PM
Tuesday, Thursday & Friday (Labor Day- Memorial Day)	4:00-5:00 PM
Monday- Thursday	7:30-9:00 PM
Saturday	2:00-3:30 PM
Sunday	2:00-3:30 PM

NRC LAP SWIM

Monday, Wednesday and Friday 6:30-7:30 AM

RACQUETBALL COURTS

Hours of Operation - Please call for reservations

Monday - Thursday	8:00 AM-10:00 PM
Fridays	8:00 AM-7:00 PM
Saturday	8:30 AM-5:00 PM
Sunday	12:30 PM-5:00 PM

NEW MEMBERS RECEIVE 2 FREE PERSONAL TRAINING SESSIONS PER MEMBERSHIP

PERSONAL TRAINING

Personal Training is offered weekdays, evenings and weekends. See Wellness Center staff for more details.
\$30 - 1st session; \$25 - additional sessions
\$250 - 10 sessions
Group Sessions (2 Persons per Session)

HOURS AND FEATURES

FACILITY HOURS

Monday - Thursday	5:30 am-10:00 pm
Friday	5:30 am-8:00 pm
Saturday	7:30 am-5:00 pm
Sunday	12:30 pm-5:00 pm

FREE CHILD CARE HOURS

Wednesday & Friday	10:00-11:00 am
Tuesday & Thursday	9:00-10:00 am

BECOMING A MEMBER

Please schedule a one time orientation session by calling the Wellness Center at 283-7330.

BLOOD PRESSURE CHECKS

Come to the Wellness Center Monday- Friday 8:00 am- 4:00 pm to have your free blood pressure check.

WELLNESS AGE REQUIREMENTS

Participants must be 16 years or older to use the free weights. Youth 12 years and over, at least 5 feet tall, may use the selectorized weights and cardio stations when accompanied by an adult.

FITNESS CLASS AGE REQUIREMENTS

Participants must be 16 years or older. Ages 12-15 may participate in classes but must be accompanied by an adult.

*Please see staff for more information about our Fitness Classes.