

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
- 3 Recumbent Bikes
- 6 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
- *Public WiFi

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	\$6/Day		\$15/Week
	Monthly	6-Month	Annual
Single	\$36	\$185	\$370
Family	\$58	\$295	\$575
Single Senior	\$26	\$130	\$260
Family Senior	\$44	\$225	\$445
Student/Military	\$26	\$130	\$260
Special Pops	\$26	\$130	\$260
Family Special Pops	\$44	\$225	\$445
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 ENROLLING EMPLOYEES	FEE PER EMPLOYEE
>100	\$175
50 - 99	\$205
25 - 49	\$255
10 - 24	\$315
1 - 9	\$360

\$5 Discount for Newton Chamber members

WELLNESS CENTER MEMBERSHIP FEES INCLUDE...

Racquetball Courts
Public Swim at the NRC Pool
Pickleball Net Set Up

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 sessions are available by appointment by calling the Newton Recreation Commission at (316) 283-7330.

Ask about our 1/2 hour session package

HOURS AND FEATURES

FACILITY HOURS

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

FREE CHILD CARE HOURS

Wednesday	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.