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

Gravitron

Abdominal Incline Board Quantum Abdominal Machine

AEROBIC STATIONS

2 Stairmasters PT-4000's

6 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

H.D. T. D.

T-Bar Lever Row

Paramount Functional Trainer

Counter Balance Smith Machine

Hip Sled

Hyper-Extension

Roman Chair

Seated Calf



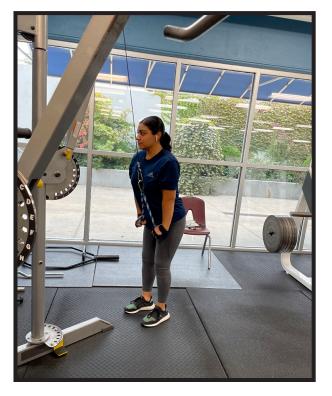
Get in SHAPE & be Healthy

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:

- *Audio Fetch
- *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. Membership entitles the employee, their spouse and dependent children, under 24, 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

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	4:00-5:00 PM
(Labor Day- Memorial Day)	
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 reservationsMonday - Thursday8:00 AM-10:00 PMFridays8:00 AM-7:00 PMSaturday8:30 AM-5:00 PMSunday12:30 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.