

## 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
- \*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](http://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
<b>NOTE: SENIOR = 55 YEARS OR OLDER</b>			



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	\$160
50 - 99	\$185
25 - 49	\$235
10 - 24	\$290
1 - 9	\$330

**\$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 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 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-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.