## INFORMATION

#### **Fitness Facility Facts:**

- Located on 2nd floor above LHS weight room
- Over 6,000 sq. ft. of space
- Cardiovascular & weightlifting equipment

#### **Fitness Facility Hours\***

 Sundays:
 8:00am - 6:00pm

 Mondays - Fridays:
 6:00am - 9:00pm

 Saturdays:
 7:00am - 6:00pm

\*Fitness Facility will be closed on major holidays



### **Lakewood City Schools Community Recreation & Education**

Phone: 216-529-4081 www.lakewoodrecreation.com

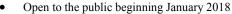
#### **Lakewood Board of Education**

Edward Favre, President Linda G. Beebe, Vice President Tom Einhouse Emma Petrie Barcelona Betsy Bergen Shaughnessy

# INDOOR TRACK

#### **Indoor Track Facts:**

- 10 laps = 1 mile
- 3 full size lanes
- Walkers inside and runners on the outside
- Elevated around the LHS
   Main Gym





#### **Indoor Track Hours\***

#### **Summer Hours & Non School Days**

 Sundays:
 8:00am - 6:00pm

 Mondays - Fridays:
 6:00am - 9:00pm

 Saturdays:
 7:00am - 6:00pm

#### **School In Session Hours**

Sundays: 8:00am - 6:00pm Mondays - Fridays: 6:00am - 8:00am 4:30pm - 9:00pm Saturdays: 7:00am - 6:00pm

\*Track will be closed during school hours and for any scheduled school events. Track hours will be posted on Recreation Department website and at the facility.



## **Education Department**



# Community Fitness Facility & Indoor Track



www.lakewoodrecreation.com



# FITNESS FACILITY

#### **EQUIPMENT**

⇒ Cardio Equipment

Treadmills, Ellipticals, Recumbent Bikes, Spin Bikes, Rowing Machines, Stair Stepper & More!

- ⇒ Machine Weightlifting Equipment Leg Extension, Leg Curl, Ab Crunch, Lateral Pull-down, Shoulder Press, Chin Up, Triceps Press & More!
- ⇒ Free Weight/Core Equipment Olympic Bar Weights, Bench Press, Dumbbells, Chin Up/Dip Bars, Heavy Balls, Kettlebells, Tension Bands & More!

#### **AMENITIES**

- Individual Electronic Combination Lockers
- **Changing Rooms**
- Designated Parking (angled spots located off of Bunts Rd for members)\*
- Water bottle filling station
- 8 flat screen T.V.'s (blue tooth capable) \*parking specifically for members 6:00am - 3:00pm



## MEMBERSHIP INFORMATION

Membership Fees - Residents			Membership Fees - Nonresidents		
	Monthly	Annually		Monthly	Annually
Adult	\$27.00	\$270.00	Adult	\$45.00	\$450.00
Family (2 adults, kids 14 - 17)	\$45.00	\$450.00	Family (2 adults, kids 14 - 17)	\$70.00	\$700.00
Student (14 - 17)	\$15.00	\$150.00	Student (14 - 17)	\$25.00	\$250.00
College Student*(18 - 23)	\$18.00		College Student* (18-23)	\$25.00	
Senior (60+)	\$15.00	\$150.00	Senior (60+)	\$25.00	\$250.00
Senior Walking Pass (track only)	\$5.00	\$50.00	Senior Walking Pass (track only)	\$10.00	\$100.00
Adult Walking Pass (track only)	\$8.00	\$80.00	Adult Walking Pass (track only)	\$15.00	\$150.00
*Current college I.D needed at time of registration					

Membership is required for use of the Fitness Facility and Indoor Track. Each individual is required to complete the following forms:



- Fitness Facility & Indoor Track Registration Form
- Fitness Facility & Indoor Track Liability Waiver

Both forms will be posted on the Lakewood Recreation website on the Fitness Facility & Indoor track page as well as under the Important Forms section. Copies are available at the Recreation Department and Fitness Facility front desks. Both the Registration Form and the signed Liability Waiver shall be retained on file by the Recreation Department Coordinator. The Liability Waiver will be signed on an annual basis.

Memberships will not be accepted electronically.

Payment is due at the time that membership forms are submitted, however special circumstances may apply.

Valid I.D., and for residents, proof of residency, will be needed at time of registration.

Membership registration and opening day dates will be announced soon! Check out our website: www.lakewood recreation.com, @lkwdrec Twitter account and Facebook pages for updates.



