

**Introducing**



The areas only full-service fitness facility!

**Fitness Center Features:**

- **Over 1500 square feet in fitness equipment**
  - **Cardio equipment (9 treadmills, 3 exercise bikes, 7 elliptical trainers)**
  - **4 ceiling mounted televisions-viewed from anywhere in the fitness center**
  - **18 Universal® weight machines**
  - **10,000 lbs. of Olympic free weights, dumbbells, squat racks, benches, etc.**
- **2 full court basketball courts**
- **Indoor walking track (15 laps equals 1 mile)**
- **Personal Training**
- **Gym Rental**
- **Exercise Class**
  - **Spinning®** (indoor cycling class)
  - **BodyPump®** (weight lifting class)
  - **Step aerobics**
  - **Pilates**
- **Child Care – See hours below**

**Fitness Center membership rates**

	One time	Annually	Monthly	3 Mo.	Daily
Orientation Fee*	\$40				
Adult Single		\$250 year	\$40	\$105	\$7
Family*		\$425 year	\$70	\$200	
Senior (62 years old)		\$150 year			
Senior Couple		\$225 year			

**Fitness Classes Punch Card**

12 visits

Fitness Center Member	\$30
Non Fitness Center Member	\$50

\***Orientation Fee** - includes a fitness analysis and training program designed especially for you by a personal trainer.

\***Family** – Consists of immediate family only over 14 years of age and residing at primary residence. College students home for break are included in the family membership.

**Fall Fitness Center Hours**

Monday & Wednesday 5:30 am – 1:00 pm – Closed – 4:00 pm – 9:00 pm

Tuesday & Thursday – 5:30 am – 9:30 am – Closed – 11:30 am – 1:00 pm – Closed – 4:00 pm – 9:00 pm

Friday – 5:30 am – 1:00 pm – Closed – 5:00 pm – 8:00 pm

Saturday – 8:00 am – 12:00 pm

Sunday – 7:00 am – 11:00 am

**Fall Childcare Hours**

Monday, Wednesday & Friday – Will add if needed

Tuesday & Thursday 8:30am – 11:00am & 5:00pm – 8:00pm

*Open since October 2003: “We are the areas best kept secret!”*

11775 Hewitt Road, Brooklyn, MI 49230 – Phone: (517) 592-3393 – [www.CCFitnessCenter.org](http://www.CCFitnessCenter.org)

Located at the south end of *Columbia Central High School* in Brooklyn, Michigan

**OPEN TO THE PUBLIC!**