

Membership information

All adults members must sign a Liability Release From and complete a Membership card when they join.

Members must show identification at desk at first visit

Middle School (6th-8th grade) students may use the center if accompanied/supervised by a parent/guardian

No children younger than Middle School age are allowed on equipment in fitness center

Proper workout attire must be worn- no referencing of drugs/alcohol on shirts- no jeans.

NO visible undergarments



SCHOOL DISTRICT OF NEW HOLSTEIN FITNESS CENTER

Street

Phone: 920-898-
4256 ext 4046

www.nhsd.k12.wi.us



SCHOOL DISTRICT OF NEW HOLSTEIN
FITNESS CENTER



Take a step to a Healthier YOU!

Hours of operation

Hours are subject to change

depending on

start and end of school year

Sept 1—last day of school

Monday- Friday 5:15 am—7:00 am

Monday- Thursday 3:30pm- 8:00 pm

Friday 3:30 pm—7:30 pm

Saturday 7:00 am—10:00 am*

Sunday 7:00 am—9:00 am * and 6:00 pm-
8:00 pm

Summer Hours

Monday- Friday 5:15 am -9:00 am

Monday - Thursday 5:00 pm - 8:00 pm

Saturday 7:00 am - 10:00 am

Sunday 7:00 am - 9:00 am

**A Supervisor will be
on duty at all times!**

Fitness Center

Fees

Effective January 1, 2011

District Residents- Yearly Fee

Adult \$ 60.00

Family Pass (2 Adults) \$100.00

Senior Citizen (62+) \$50.00

College Students (with College ID)
\$25.00

Non-District Resident- Yearly Fee

Adult \$130.00

Family \$200.00

Senior Citizen (62+) \$100.00

Daily Passes for both in and out of
district residence \$5.00

All Military Personnel are FREE
with Military ID

**Orientation will be
required for all
beginner members.**

Equipment Available

Treadmills

Ellipticals

Stationary Bikes

Cybox Total Body Arc Trainers

Octane XRide Seated Ellipticals

Free Weights

TRX Bands

Medicine Balls/Stability Balls

Life Fitness Exercise Machines

Hours are subject to change but will be posted.

Fitness Center will be closed:

on all holidays

Inclement Weather days

Closed in morning when delay of
school

Closed in evening when school let out early or
after school activities are cancelled

Closed all day when school closed due to
weather

**A separate pair of CLEAN, DRY shoes are REQUIRED upon
entrance of the Fitness Center. Lockers are available to
members.**

