

MEMBERSHIP INFORMATION

- All adults members must sign a Liability Release Form and complete a Membership card when they join.
- Members must show identification at desk at first visit
- Middle School students may use the center if accompanied by an adult member
- No children younger than Middle School age are allowed on equipment in fitness center



A Supervisor will be on duty at all times!

SCHOOL DISTRICT OF NEW HOLSTEIN FITNESS CENTER

1715 Plymouth 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

School Year Hours

(Sept 1st through the school year)

Monday– Friday 5:30 am–7:15 am

Monday– Thursday 4:00 pm– 8:00 pm

Friday 4:00 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

Fitness Center's 4:00 time will start November 1st

From September–October Fitness Center will open first at 5:00 pm

Summer Hours

(first Monday after the end of the school year through August)

Monday- Friday 5:30 am – 11:00

Monday – Thursday 5:00 pm – 8:00 pm

Saturday 7:00 am – 10:00 am

Sunday 7:00 am – 9:00 am & 6:00 pm – 8:00 pm

Hours are subject to change but will be posted.

Fitness Center will be closed on all holidays

When school is delayed due to weather, Fitness Center will be closed in morning

When school is let out early due to weather, Fitness Center will be closed in evening

When school is cancelled all day due to weather the Fitness Center will be closed all day

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
- District Employees \$40.00
- 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 Active Military Personnel are FREE with Military ID

Orientation will be required for all beginner members.

Equipment Available

- Treadmills
- Ellipticals
- Stationary Bikes
- Cybex Total Body Arc Trainers
- Octane XRide Seated Ellipticals
- Free Weights
- Medicine Balls/Stability Balls
- Life Fitness Exercise Machines



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