

## Hours of Operation

Monday - Thursday: 5:30am - 7:30am  
3:00pm - 7:00pm  
Friday: 5:30am - 7:30am  
3:00pm - 6:00pm  
Saturday: 8:00am - 10:00am  
Sunday: Closed

**Calendar will be posted in the fitness room.  
Calendar is subject to change with notice.**

When possible, the Middle School Gym and the 8 lane track will be available for walking.

### Other features

- Towels
- Air conditioning
- Music
- Flat screen TV's
- Stability balls
- BOSU Balance Trainers
- Balance Disc
- Resistance Bands
- Ply metric Boxes

### Memberships

May be purchased at the Fitness Center during hours of operation.

### Fitness Center Staff

The Constantine Community Fitness Center staff are certified in CPR/AED and First Aid.

### For More Information

Visit Fitness Center Web Site at:

<http://www.constantinefitness.org/>



## CONSTANTINE COMMUNITY FITNESS CENTER BOARD

Mike Messner, Ken Rimer, Mike Tulley,  
Kathy Messner

Rev. 1/7/10

## CONSTANTINE COMMUNITY



## “FIT 4 LIFE”

260 W. 6th Street

Constantine, MI 49042

269.435.8940 7:30 AM—3:00 PM

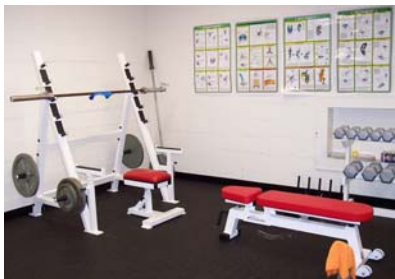
269-435-9016 Fitness Center Hours

**One-way entrance off Canaris St., door is located at the south end of the middle school gym, by the baseball field, enter by the baseball field exit by Alternative Education.**

# Constantine Community Fitness Center

In 2006, a donation was dedicated to resurface our 8 lane all-weather track and renovate the middle school wrestling room into a “Community Fitness Center” to be utilized by students and community. The generous funds for this project came from Banks Hardwoods, Inc., and it’s owner Mr. Steve Banks. The focus of the new Constantine Community Fitness Center will be “Community” use.

Our Mission is to improve our community by offering an affordable means to create and maintain healthy lifestyles for individuals and families.



## TOP OF THE LINE MATRIX® FITNESS EQUIPMENT

### • Cardiovascular Equipment:

4 Treadmills, 4 Upright Bikes, 4 Elliptical Trainers,  
2 Steppers, 2 Ascent Trainers

### • 16 Matrix Strength Machines:

Hip Adductor (inner thigh)

Hip Abductor (outer thigh)

Leg Extension

Seated Leg Curl

Chest Press

Abdominal

Back Extension

Arm Curl

Triceps Extension

Seated Row

Lat Pull Down

Shoulder Press

Lateral Raise

Rear Delt/Fly

Assisted Pull Up and Dip

Leg Press

### • Free Weight Equipment

Legend Olympic Four Way Bench

Legend Olympic Three Way Utility Bench

## Membership Fees:

### • Individual

Daily -\$5

1 month-\$30

3 month-\$75

6 month-\$120

1 year-\$180

### • Student, Staff, Senior (60 yrs. and over ) Corporate Rate 1 year membership only

Daily-\$5

1 month-\$25

3 month-\$60

6 month-\$105

1 year-\$150

### • Family

1 year-\$250

Plus \$25 per each family member

\*Student-age 14 through college students currently enrolled (up to age 25).

\*Staff-Constantine Public School Employee

\*Corporate Rate-minimum of 6 or more employees from the same corporation joining for 1 year membership., at the same time.

\*Family-\$250 and \$25 per each family member (must live in the same household).