

ACTIVITY GUIDE

JANUARY 2024 FEBRUARY 2024 MARCH 2024 APRIL 2024

2502 23rd Avenue Central City, NE 68826 (308) 946-2974
fcprograms@hotmail.com | ccfitnesscenter.com
Find us on Facebook: Central City Fitness Center

FACILITIES INCLUDE:

Gymnasium
Racquetball Courts
Weight Room
Locker Rooms
Swimming Pool
Hot Tub
Walking Track
Multipurpose Room
Elliptical Machines
Ascent Trainer
Total Stretch 200
Treadmills
Stair Climber
Helix Lateral Trainer
Stair Mill
Row Machine
Stationary Bikes
Land Aerobics
Water Aerobics
Studio Cycling
Arc Trainers
NuSteps
Espresso Bikes

EXCLUSIVELY FOR MEMBERS

Reduced Program Rates
Free Fitness Classes
Babysitting
Personal Training
Private Swim Lessons

Fitness Center Board Members

Danae Perry
Sarah Campa
Lacey McLaughlin
Cris Larson
Chris Anderson
Mitch Sawyers
Ethan Nelson
Jessica Borchers
Julie Heider



The mission of the Merrick County Health and Fitness Center is to promote and meet the health, fitness and recreational needs of people of all ages and to enhance quality of life through a wide range of programs, services, activities and education.

Hours of Operation

Monday thru Thursday.....6:00 a.m.-9:00 p.m.
Friday6:00 a.m.-8:00 p.m.
Saturday9:00 a.m.- 5:00 p.m.
Sunday1:00 p.m.- 5:00 p.m.

THE POOL CLOSES 15 MINUTES BEFORE CLOSING!

The Fitness Center is Closed

Sunday, March 31.....Easter

FINANCIAL ASSISTANCE

OUR PROMISE IS TO NEVER TURN ANYONE AWAY FROM THE FITNESS CENTER FOR THEIR INABILITY TO PAY. THE MERRICK COUNTY IMPACT GRANT HELPS MAKES IT POSSIBLE FOR CHILDREN, ADULTS, AND ENTIRE FAMILIES TO PARTICIPATE THROUGH MEMBERSHIP PROGRAMS BY PROVIDING FINANCIAL ASSISTANCE DURING TIMES OF NEED. A WAIVER OR REDUCTION OF FEES IS AVAILABLE SUBJECT TO FACILITY AND PROGRAM CAPACITY AND DEMONSTRATED NEED. PLEASE CONTACT MICHELE AT THE FITNESS CENTER WITH ANY QUESTIONS.

A GREAT PLACE TO BELONG

MEMBERSHIP INFORMATION

Annual Membership

	<u>Annual Fee</u>	<u>ABD</u>
Student	\$258.00	\$21.50
Adult	\$363.00	\$30.25
Adult + 1	\$504.00	\$42.00
Family	\$612.00	\$51.00

Joiners Fee

\$40.00 on all "New" memberships except students. If your membership lapses 30 days you will have to pay the joiners fee.

Daily Admission

Day Use Fee	\$8.00
Fitness Class Drop-In Fee	\$6.00
16 Class Punch Card	\$90.00
Day Pass Punch Card	\$72.00

Multi-Purpose Room Rental

	<u>Member</u>	<u>Non-Member</u>
0-5 Hours	\$75.00	\$125.00
5 + Hours	\$175.00	\$250.00

These are rental prices during open Hours. An additional cost will be added for supervision if rental takes place when the facility is closed. A non-refundable deposit of \$10.00 is required with every application for use of multi-purpose room.

***Note: The Multi-purpose Room is "Not" available for rent on holidays.**

Miscellaneous Fees

1-Year Locker Rental (Annual Members Only)	\$50.00
Goggles	\$12.00
Card Replacement	\$5.00
FC Short Sleeve Shirt	\$15.00
Drawstring Bag	\$15.00
Stocking Cap	\$15.00
Sweatshirt	\$45.00

Equipment Checkout

Racquetballs, Racquets and Wallyballs may be checked out at the front desk free of charge. Basketballs and Volleyballs are in the gym.

Fitness Center Refund Policy: Cash refunds will not be given on program fees or memberships. Credit vouchers toward another class or another type of membership may be issued under special circumstances. Full refunds will be allowed only when classes are cancelled by the Fitness Center.

ADULT

Available to any individual 19 years of age & older

ADULT + 1:

Any individual over 19 years of age plus one additional person in the same household (spouse or child under age 18 or unmarried college student under age 22). Dependents must be on parents tax return.

FAMILY:

Married Spouse and all children under the age of 18 or unmarried college students up to age 22. Dependents must be on parents tax return.

STUDENT:

Available to any individual 18 years of age or younger

ABD (Automatic Bank Draft):

Membership fee withdrawn from bank account the 20th of each month. First month's payment required at registration. To cancel your bank draft, please fill out cancellation notice. We need 15 days notice of cancellation. Please notify the Fitness Center of any change in bank account information that affect payment procedure.

Fitness Center 2023 Golf Marathon

The 2023 Golf Marathon raised \$17,435. Money raised for this fundraiser will be designated to our weight room expansion project taking place the first of the year. This will expand and allow for more room for our members to work out in a safe and comfortable manner. This will include squat racks, deadlift station, added benches & weights. Many local businesses and community members also added to the days events by either donating flag prizes or food to help make the marathon a success and keep expenses to a minimum. Congratulations to the 1st place team **Archer Credit Union**: Rex Minert, Cy Whitebull, Mitch Sawyers and Mike Kezeor. Second place team **Pinnacle Bank**: Nathan Perry, Travis & Amanda Kuchar & Logan Menke.

The following is a list of the 2023 Corporate Sponsors

ACE(\$500): Archer Credit Union, Citizens Bank & Trust, Cornerstone Bank, Merrick Medical Sports Med, Mesner Development, MyEllement, Pinnacle Bank and Pinnacle Bancorp Inc.

EAGLE(\$250): Central City Mall#100, FNIC, Green Plains Central City LLC

BIRDIE(\$150): Andrew Simmons, CPA, P.C., Bankers Compliance Consulting, Central City Veterinary Clinic, Copycat Printing & Signs, Dairy Queen, First State Bank, Merrick Foundation, Rathman-Manning Construction, Runza, Solt-Wagner Funeral Home, T-Shirt Engineers, Trav's U-Save Pharmacy, Wegner Monument

The Fitness Center Board & Staff would like to extend a huge "Thank you" for all of the ongoing support from the members, community and businesses. Without Your Support the Fitness Center would not be able to fulfill its promise of offering strength building, life enriching programs to the families in our community.

MEMBERSHIP INFORMATION

PAY THE DAY MEMBERSHIP DRIVE JANUARY 2ND-31ST

Starting January 2nd, the Fitness Center will be offering Pay the Day. When you sign up for a membership in the month of January, the cost of your joiners fee will be the amount equal to the day of the month. So if you sign up for a membership on January 5th, your joiners fee is only \$5! Our normal joiners fee is \$40. At the Fitness Center, we believe that everyone should have access to our cause-driven community!

This excludes student & financial assisted memberships

(This offer ends on January 31st)



BRING IN A NEW MEMBER MONTH OF JANUARY

There are many benefits to being a member at the Fitness Center. And we have just added another: a **FREE GIFT!!** Simply introduce a friend or family member to the Fitness Center in January and if they join as an Adult, Adult +1, or Family you will get a **FREE GIFT**. So go ahead, introduce your friends to the Fitness Center and earn a free gift for every member you refer! Must be a current Fitness Center Member.



MARK YOUR CALENDARS!!

Thursday, May 2nd, 2024

GO BIG GIVE

GO BIG GIVE is a 24 Hour online giving event organized by the Grand Island Community Foundation and Heartland United Way. The Fitness Center will have the opportunity to receive matching funds and possible prize money with the help of generous donors.

$$\begin{array}{ccccccc}
 \$ & + & \$ & = & \$ \$ \$ \$ \$ \$ \\
 \text{Your Gift} & & \text{Matching Funds} & & \text{Total Gifts To Fitness Center} \\
 & & & & \text{On May 4th}
 \end{array}$$

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YOUTH ACTIVITIES

K-4th Grade Youth Basketball

Program will include 2 fundamental clinics led by CCHS basketball coaches and 4 weeks of 3 on 3 games. Hoops will be lowered to give players greater success.

When: Saturdays, February 3 - March 9

Who: K-4th Grade Boys & Girls

Divisions: K-1st 2nd-4th

Times: K-1st Clinic 9:15-10:00

2nd-4th Clinic 10:15-11:15

Game schedules will be handed out Feb. 10

Cost: Member \$40.00

Non-member \$60.00



Registration Deadline: Monday, January 29
(\$10.00 Late Fee will be added after deadline)

Spring Soccer

The Fitness Center offers a recreational soccer league to give players a chance to improve their skills.

Who: Boys & Girls ages 4 -11

When: Saturdays, March 23 - May 4

Cost: \$45.00

Deadline: Monday, March 11

(\$10.00 Late Fee will be added after deadline)

Coaches meeting: Thurs, March 14@5:30



Gym & Swim

Gym & Swim has been designed to develop the skills and abilities of kids ages 3-5. Emphasis will be placed on development of fitness, gross motor skills, strength, team work, sportsmanship, swim safety, values, and **FUN!!!!!!** Wear swim suits under clothes. Bring a plastic bag with child's name on it. Parents need to pick kids up in the pool area at 10:30 to redress.

Minimum of 6 participants to hold class.

Who: 3-5 years old

Dates: Wednesdays, Jan 24 - Feb 28

Time: 9:30 a.m. - 10:30 a.m.

Cost: Members \$40.00

Non-member \$60.00

Registration Deadline: Friday, Jan 19

Special Events

VALENTINE'S DANCE - FEBRUARY 9

END OF SCHOOL DANCE - APRIL 26

Who: 5th-8th grade

Time: 8-10 pm

Cost: \$8



Summer Youth Leagues

The Fitness Center offers T-Ball for boys and girls ages 5 & 6 as of May 22, 2024, Baseball for boys ages 7 & 8 as of January 1, 2024, and Softball for girls ages 7-10 as of January 1, 2024.

Practices will begin at the end of April and games will begin at the end of May. T-Ball games will be held on Wednesday nights. Baseball and Softball games will be held on Tuesday nights. All games will be played in Central City.

Cost: \$45.00 per player

Registration Deadline: Monday, April 22
(\$10.00 Late Fee will be added after deadline)

Coaches meeting: Wed, April 24@5:30

Private Swimming Lessons

Private swim lessons are available to any member who wants one on one instruction. We provide the swim instructor who works with you to find the right day and time. Minimum purchase of 5 lessons required.

Fees:

5 Lessons: \$100

10 Lessons: \$195

Celebrate Your Birthday At The Fitness Center

What's included:

- ◆ Multi-purpose room & kitchenette for 2 hours
- ◆ Swimming for 2 hours
- ◆ T-shirt for Birthday Child
- ◆ Birthday Party Invites
- ◆ Up to 10 children
- ◆ Parents Swim Free!!!!
(Adults supervision required in pool)



Member: \$75.00

Non-Member: \$125.00

Birthday child must be a member to pay member rate

VOLUNTEER AT THE FITNESS CENTER!

We rely on volunteers to coach youth sports throughout the year in programs such as soccer, volleyball, basketball, softball and baseball. Leave your name and number at the front desk if you want to be a part of any of these programs!

Women's Wallyball

A variation of volleyball using the walls of the racquetball court. It's fun, easy to learn, and great exercise. Four players per team. Championship t-shirt given to 1st place team.

- Who:** Women 18 +
When: Mondays, Jan 15 - Feb 19
Cost: \$85.00 per team + \$10.00 for each non-member
Deadline: Thursday, January 11

Women's Volleyball League

4 on 4 indoor recreational play. Maximum 6 players per team. You must not be participating on a high school or college volleyball team.

Championship t-shirts to 1st place team.

- Who:** Ages 18 and older
When: Mondays, March 4 - April 8
Cost: Team Fee \$85.00 + \$10.00 for each non-member
Deadline: Thursday, February 29

Co-Ed Volleyball League

4 on 4 indoor recreational play. You must not be participating on a high school or college volleyball team. Championship t-shirts to 1st place team.

- Who:** Ages 18 and older
When: Tuesdays, Feb 6 - March 12
Cost: Team Fee \$85.00 + \$10.00 for each non-member
Deadline: Thursday, February 1

Personal Training On-Line with Chevy Stout

Chevy, Asst Lifting Sports/Strength & Conditioning Coach @ Concordia University Will be conducting On-Line personal Trainings. He will meet with the member at The Fitness Center in order to cover Program details, specifications, and routines as needed.



He will offer on-line programs with video analysis to those who are looking for general fitness, sport performance, or specific self-related goals. Once signed up at the Front Desk, your information will be given to Chevy and he will contact you to begin your training.

Members: \$125/monthly

Land & Water Aerobics

Classes are included with membership

Non-member class fee is \$6.00

Aquacize: 60 minutes

Water walking, running, skipping and other aerobic moves make this a great class to round out your day. Part of the class is done in shallow water, while the remainder is in the deep end using a float belt.

Water Aerobics: 60 minutes

This class is performed in the shallow end of the pool and will include low impact, high intensity exercises.

Studio Cycling: 45 minutes

An indoor cycling class that is open to all levels of ability. The cycle's resistance can be set to fit any individual's fitness level. Class size is limited. Sign up 24 hours in advance to guarantee a bike.

Kick Fit: 45 minutes

Kickboxing/Cardio at its best! Kick Fit is a high energy group workout involving punching and kicking on a bag and is mixed in with calisthenics to get a total body workout. Members burn on average 750-800 calories and can burn up to 1000 in one class.

Pure Strength: 45 minutes

Class is dedicated to just strengthening and toning all your muscles using a variety of weight training equipment including stability and medicine balls, dumbbells, steps and bands! Targets every major muscle group, and ends with abdominal work and stretching.

AOA Fitness: 45 minutes

Active Older Adult Fitness is a low impact class for active older adults. Class provides a low intensity workout that tones muscles, increases range of motion and flexibility, improves balance and helps relieve stress.

Group Strength: 45 minutes

Group Strength is a full-body strength training class that will incorporate traditional weight-room exercises and compound exercises using weighted bars and dumbbells to challenge you.

YOGA: 45 minutes

Yoga is a type of exercise in which you move your body to become more flexible or fit, to improve your breathing, and to relax your mind.

Pound the Pounds Competition

\$\$ CASH PRIZES \$\$

Team weight loss competition open to members and non-members. Sign up as a team or individually. Earn points for your team through weekly weigh-ins, challenges and workouts. Team to earn the most points at the end of 8 weeks wins!

Registration Deadline: Thursday, January 4th

Fees: Member: \$50 Non-Member: \$100

First Weigh-In/Contest Starts: Wed, Jan 10th

Dates: January 10th - March 6th

Last Weigh-In: Wednesday, March 6th

** All weigh-ins on Wednesdays **

LAND & WATER CLASS SCHEDULE

Time	Monday	Tuesday	Wednesday	Thursday	Friday
6:00 AM	Studio Cycling Pure Strength	Kick Fit YOGA	Studio Cycling Pure Strength	Kick Fit YOGA	Studio Cycling
8:00 AM		Studio Cycling			
9:00 AM	Aquacize		Aquacize		Aquacize
5:30 PM	Water Aerobics			Water Aerobics	
4:15 PM		AOA		AOA	
6:00 PM	Group Strength	Studio Cycling	Group Strength	Studio Cycling	



BOLD CLASSES ARE IN THE POOL!



The first class visit is free for all Non-members.
 Classes are included with membership. Non-member class fee is \$6.00
The Fitness Center reserves the right to make changes in the schedule when needed!

OR CURRENT RESIDENT

Merrick County Health & Fitness Center
 2502 23rd Avenue
 Central City, NE 68826



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