

ACTIVITY GUIDE

JANUARY 2026 FEBRUARY 2026 MARCH 2026 APRIL 2026

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

FACILITIES INCLUDE:

Gymnasium
Racquetball Court
Portable Pickle Ball
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

EXCLUSIVELY FOR MEMBERS

Reduced Program Rates
Free Fitness Classes
Babysitting
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
Kristian Lindburg, Director



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 Thursday5:30 a.m.- 9:00 p.m.
Friday5:30 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

Thursday, January 1st...Happy New Year
Sunday, April 5th.....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 KRISTIAN AT THE FITNESS CENTER WITH ANY QUESTIONS.

A GREAT PLACE TO BELONG

MEMBERSHIP INFORMATION

Annual Membership

	<u>Annual Fee</u>	<u>ABD</u>
Student	\$267.00	\$22.25
Adult	\$375.00	\$31.25
Adult + 1	\$519.00	\$43.25
Family	\$630.00	\$52.50

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

Miscellaneous Fees

1-Year Locker Rental (Annual Members Only)	\$50.00
Goggles	\$10.00
Card Replacement	\$ 5.00
FC Short Sleeve Shirt	\$15.00
Drawstring Bag	\$15.00
Hoodie	

Multi-Purpose Room Rental

	<u>Member</u>	<u>Non-Member</u>
0-5 Hours	\$150.00	\$225.00
5 + Hours	\$225.00	\$300.00

During Closed Hours an additional cost for supervision. 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.**

Body Composition Analysis

NEW addition to the Fitness Center offering an in-depth assessment of your current health status as well as your Fitness progress. Annual Fee includes 2 per month. One-time complimentary Analysis. Available for ages 18yrs & older.

	<u>Annual Fee</u>	<u>Single Use</u>
Member	\$ 60.00	\$10.00
Non-Member	\$100.00	\$10.00

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 or , please fill out cancellation notice & submit by the 5th day of the month. Please notify the Fitness Center of any change in bank account information that affect payment procedure.

MEMBERSHIP CANCELLATION:

To cancel your Membership, you must give written Notification or fill out cancellation form by 5th day of month

Fitness Center 2025 Golf Marathon

The 2025 Golf Marathon raised over \$15,000. Money raised in this event will be used towards upgraded cardio equipment. These funds contribute in a major way toward the longevity of the Fitness Center. 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.

Congratulations to the 1st place team **City of Central City:** Tucker Schneiderheinz, BJ Paup, Keith Gress & Tim Bolling.
2nd place team **Citizen's Bank & Trust:** Dustin Parde, Lisa Wagner, Jared Wetovick and & Darla Anderson.

Our 2025 Corporate Sponsors:

- ACE (\$500):** All American Roofing, Archer Credit Union, Central City Scale, Citizens Bank & Trust, Cornerstone Bank, Hamilton, Jannica Boutique, Mesner Development, MyEllement Boutique, Pinnacle Bank, Pinnacle Bancorp Inc. & Shannon Hannappell-Farm Bureau
- EAGLE (\$250):** Central City Mall#100, Dairy Queen, Double Locked Security, FNIC, Grand Auto Sales, Merrick Medical Center, Palser Service, Performance Plus Liquids, State Theater, T-Shirt Engineers & Trav's U-Save Pharmacy
- BIRDIE (\$150):** Andrew Simmons, CPA, P.C., Central City Veterinary Clinic, Ann Heinen-Cornerstone Insurance, Hans Service LLC, Merrick Foundation, MidAmerica Speaker's Bureau, Prairie Creek Vineyard & Winery, Rathman-Manning Construction, Scooter's Coffee, Senkbile Family, Solt-Wagner Funeral Home & Stromsburg Soft Water

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 Offer excludes both Student & Financial Assisted Memberships.*

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, ask them to mention your name and earn a free gift for **every** member you* refer!

**Must be a current Fitness Center Member to earn a gift.*

MARK YOUR CALENDARS!!

Thursday, May 7, 2026

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.

\$ + \$ = \$\$\$\$\$\$
Your Gift Matching Funds Total Gifts To Fitness Center
On May 7th

NEW Equipment to Enhancing your Fitness Center Experience!

The Tanita Healthy Edge Plus Body Composition Analysis (BCA) is now available at the Fitness Center. This analysis provides an in-depth assessment of your current health status as well as your Fitness progress. This device measures the resistance of a small, water-conducted electrical signal sent through the body. The more muscle mass an individual has, the more water their body holds & the easier the signal is conducted. Some of measurements include: Body Weight; Body Mass Index (BMI); Body Fat %; Body Fat Mass; Visceral Fat Rating (VFR); Body Water %; Basal Metabolic Rate (BMR) & Metabolic Age. Stop by the Front Desk for more details & make an appointment for your complimentary BCA.

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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, January 24—February 28

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 handed out January 31

Cost: Member \$35.00
Non-member \$45.00



Registration Deadline: Monday, January 12

(\$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 21 - May 2

Cost: \$45.00

Deadline: Monday, March 9

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



Summer Youth Leagues

The Fitness Center offers T-Ball for boys and girls ages 5 & 6 as of May 19, 2026, Baseball for boys ages 7 & 8 as of January 1, 2026, and Softball for girls ages 7-10 as of January 1, 2026.

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

Cost: \$45.00 per player

Registration Deadline: Monday, April 20

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

Middle School Dances

WINTER DANCE - JANUARY 10th

END OF SCHOOL DANCE - MAY 16th

Who: 5th-8th grade

Time: 8-10 pm

Cost: \$8*



*Concessions available for additional cost

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. Please leave your name and number at the Front Desk if you want to be a part of any of these upcoming Programs...thank you!

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 the Birthday Kid
- ◆ Birthday Party Invites
- ◆ Up to 10 Children (\$2/per addtl. Child)
- ◆ 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

Thank you to all of you who were brave enough to visit & support "Horrorville at the Fitness Center"

or

"Spookyville at the Fitness Center" in October! Here's a shout out of thanks to the talents of Wendy, Angie, Pat & their crew of spooks who made it all possible!

Over \$600 was raised—WOW!

**MARK YOUR CALENDAR & SAVE THE DATE:
October 23rd—25th, 2026**

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 19 - Feb 23
Cost: \$85.00 per team + \$10.00 for each non-member
Deadline: **Monday, January 12**

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 3- March 10
Cost: Team Fee \$85.00 + \$10.00 for each non-member
Deadline: **Tuesday, January 20**

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 9 - April 13
Cost: Team Fee \$85.00 + \$10.00 for each non-member
Deadline: **Monday, March 2**

Men's 3x3 Basketball League

Indoor recreational play. Call your own fouls, keep your own score. Games played on either one half of the full court or one full "short court" of Fitness Center gymnasium. Baskets count as 1 point each, with shots behind the arc being 2 points. Best 2 of 3 wins—each game is played to 11 points—winning team must win by 2 or more points. Minimum 3 players, maximum 4 players per team. Players must be at least 18 years of age and not currently participating on a college or high school basketball team. Season champs will receive t-shirts and of course, bragging rights!

Who: Ages 18 and older
When: Thursdays, DEC 11 — JAN 16
Cost: Team Fee \$85.00 + \$10.00 for each non-member
Deadline: **Thursday, December 4**

Land & Water Aerobics

*Classes are included with membership
 Non-member class fee is \$6.00*

Water Aerobics: 60 minutes

Water walking, running, skipping and other low impact, high intensity exercises 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.

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.

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.

Pure Strength: 30 minutes

Class is dedicated to strengthening and toning all your muscles using dumbbells, bands & body weight strength exercises! 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 weight training class focusing on building strength, mobility & self-confidence. Gain an understanding of which exercises target specific muscles & the knowledge to confidently & safely weight train.

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

(Dipping into the past to our 2019 Version)

\$\$ CASH PRIZES \$\$

MINIMUM REQUIREMENT 6 TEAMS!

Team Weight Loss Competition open to Members & Non-Members. Sign up as a Team of 4 or individually & be matched up. 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! **NEW:** Prize for the top Individual Female & Male with greatest % of Weight Loss. **Registration Deadline:** Friday, January 2nd

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

First Weigh-In/Contest Starts: Wed, Jan 7th

Dates: January 7th - March 4th

LAND & WATER CLASS SCHEDULE

Time	Monday	Tuesday	Wednesday	Thursday	Friday
5:45 AM		Kick Fit		Kick Fit	
6:00 AM	Studio Cycling Pure Strength	YOGA	Studio Cycling Pure Strength	YOGA	Studio Cycling
8:00 AM					
9:00 AM	Water Aerobics		Water Aerobics		Water Aerobics
5:30 PM		Water Aerobics		Water Aerobics	
4:30 PM	Group Strength	AOA	Group Strength	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!



NEW THINGS COMING YOUR WAY...

As we move into the first quarter of 2026, plans are underway to bring more Programs & opportunities for all ages to maximize your Membership investment!

From Racquet Sports (Pickleball, Red Ball Tennis, Badminton & Racquetball), Movement (Dancing, Rebounding, Cycling) and Wellness (Cooking Classes, Speakers) to Exercise (Cardio Equipment, CYBEX Weights & Group Strength Orientations), Self Care (Sound Baths, Stretching, Challenges, Chat Groups), Family Fitness Fun (classes, activities) for all ages and stages!

With these ideas in mind, we would appreciate YOUR feedback on what YOU would like to see in this coming year...watch for updates when you visit the Fitness Center and on Facebook.

Merrick County Health & Fitness Center
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Central City, NE 68826

