# ACTIVITY GUIDE

**SEPTEMBER 2026 * OCTOBER 2026 * NOVEMBER 2026 * DECEMBER 2026**

## 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*
*Studio Cycling*
*Arc Trainers*
*NuSteps*
*Matrix Performance Bike*
*i10.9 Incline Trainer*
*LifePro Vibration Platform*
*Water & Land Classes*

## 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*
*Emmett Lyons*
*Jessica Borchers*
*Julie Heider*
*Kristian Lindburg—Director*

**2502 23rd Ave. Central City, NE 68826 (308) 946-2974**
**fcprograms@hotmail.com/ccfitnesscenter.com**
**Check us out on Facebook! Fitness Center Central City**

fitness center
A great place to belong

*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.*

## Winter Building Hours

**(Labor Day-Memorial Day)**

**Monday thru Thursday .....5:30 a.m. - 9:00 p.m.**
**Friday .....5:30 a.m. - 8:00 p.m.**
**Saturday .....9:00 a.m. - 5:00 p.m.**
**Sunday .....1:00 p.m. - 5:00 p.m.**

**POOL & RACQUETBALL COURT HOURS:**
**Both are vacated 15 Minutes before Closing**

## The Fitness Center is Closed

**Monday, September 7th.....Labor Day**
**Thursday, November 26th.....Thanksgiving Day**
**Thursday, December 24th.....Christmas Eve**
**Friday, December 25th.....Christmas Day**
**Thursday, December 31st.....New Year's Eve**
**Friday, January 1st.....New Year's Day**

## 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.

# MEMBERSHIP INFORMATION

## Annual Membership

| | Annual Fee | ABD |
|---|---|---|
| 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 | $12.00 |
| Card Replacement | $ 5.00 |

## Multi–Purpose Room Rental

| | Member | Non-Member |
|---|---|---|
| 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-dept assessment of your current health status as well as your Fitness progress. Includes 2 per month. Available for ages 18yrs. & older.*

| | Annual Fee | Single Use |
|---|---|---|
| Member | FREE | FREE |
| 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**
**Any individual 19 years of age or older**

**ADULT + 1:**
**Any individual 19 years of age and older plus one additional dependent person in the same household (spouse or child who is either under 18 or a college student under 22). Dependents must be on parents tax return.**

**FAMILY:**
**Married Spouse and all dependent children under the age of 18 or undergraduate college students under age 22. Dependents must be on parents tax return.**

**STUDENT:**
**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 membership you must give written notification by the 5th day of the month.**
***Please notify the Fitness Center of any changes in bank account information that affect your payment procedure.***

**FULL PAYMENT:**
**Pay in full at time of joining or renewing**

## NOT SURE WHAT TO BUY FOR THE HOLIDAY SEASON?

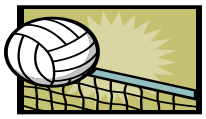
***Let us help you with your holiday shopping! The Fitness Center has great stocking stuffer ideas which would include Gift Certificates available in any denomination that can be used towards memberships, programs, and special events. We also have t-shirts and sweatshirts.***

***Happy Holidays!***

## Annual Meeting
## Wednesday, October 14th
## 12pm
## Multi-Purpose Room

*All Fitness Center Members are invited to attend!*

# YOUTH ACTIVITIES



## K - 6th Grade Fall Volleyball

The Fitness Center offers a Recreational volleyball program on Tuesday evenings. The first 2 weeks will consist of a fundamentals clinic. The last 4 weeks will consist of modified game situations.

**When: TUESDAYS,** Nov. 10- Dec. 15
**Divisions:** K-2nd @ 6:30 pm
3rd-6th @ 7:30 pm
**Cost:** Member $40
Non-Member $60
**Registration Deadline:** Thursday, Oct. 29
($10 late fee after deadline)

## K– 4th Grade Winter Basketball

K - 4th graders will meet Saturday mornings for 6 weeks this Winter. The first 2 weeks will consist of a fundamentals clinic. The last 4 weeks will consist of game situations. Hoops will be lowered to 8 1/2 feet to give players greater success.

**Grades:** K-4th Boys & Girls
**Cost:** Member $40
Non-Member $60
**Dates: SATURDAYS** January 30—March 6
*Watch for Registration Info in JANUARY 2027*

## 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 two (2) hours
- Swimming for two (2) hours
- T-shirt for the Birthday Child
- Birthday Party Invites
- Up to 10 Children
- Parents Swim FREE!!! (Adult Supervision required in Pool)

**Member: $ 75.00***
**Non-Member: $125.00**
*Birthday Child must be a Member to qualify for the Member Rate

## VOLUNTEER AT THE FITNESS CENTER!

**Do you have a passion for sports and a desire to teach specific sport skills to young people? Volunteer at the Fitness Center and encourage, guide and train young athletes. 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!**

## 2026 Haunted House Events

"FEAR FITNESS"
Friday, OCT 23rd * 8pm to 10pm
Saturday, OCT 24th * 7pm to 10pm
$5/person
Parental Discretion Advised
Due to Jumpscares!

"Spooktacular Adventure"
Family-friendly Fun!
Sunday, OCT 25th * 4pm to 6pm
$1 per Child (Ages 4-10yrs)
Ages 3yrs & under AND Parents FREE!

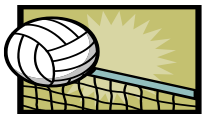
*NO REGISTRATION IS ACCEPTED UNLESS FULL FEE IS PAID!*

# ADULT PROGRAM & FITNESS ACTIVITIES

## *Women's Wallyball*

A variation of volleyball using the walls. It's fun, easy to learn, and great exercise. Women's recreational play. Four (4) players per team. Sessions last 6 weeks. T-shirts given to 1st place team. **ONLY 1 court available now, so schedule will look different as far as game times available.**

**Cost:** $85.00 per team + $10.00 per non-member
**Date:** Mondays, September 14 - October 19
**Registration Deadline:** Friday, Sept. 11



## *Women's Volleyball*

Indoor recreational play. Minimum of 4 players/ Max of 6 players. You must not be participating on a college or high school volleyball team. T-shirts are given to the 1st place team.

**Cost:** $85.00 per team + $10.00 per non-member
**Date:** Mondays, November 9 - December 14
**Registration Deadline:** Monday, Nov. 2

## November Sound Bath Event

*"Attitude of Gratitude"*
*November 18th*

Join us for an evening of the magical sounds of bowls & percussion instruments with

**Marie de Martinez of Sound SAGE**

*****

**Relax & immerse yourself in a Group Sound Bath:**

A deep, intense, whole-body listening experience that has therapeutic & restorative effects on the mind & body, allowing your body to rest & receive.

**Cost:** $20 per person (Adults Only)
**Date:** Wednesday, November 18th
**Time:** 645p—745p (Multi-Purpose Room)
**Registration Deadline:** FRI November 13 or until SOLD OUT—limited availability!

## FALL FITNESS CHALLENGE

**OCTOBER 4TH to DECEMBER 6TH**

*Registration Deadline: Sunday, September 27th*

***Join us for our Fall Fitness Challenge 2026***
***9 Weeks of focusing on three areas:***

1. Exercise/Movement
2. Nutrition/Clean Eating
3. Mindset/Lifestyle

This will be a **Team of Two Challenge**, featuring a private Facebook Group for all Participants for communication, support & more, as well as a variety of written materials & weekly tally sheets.

***Two Required Weigh-ins:***

Starting BCA: 9/28 thru 9/30
Ending BCA: 12/7 thru 12/9
*Drop-in for your BCA 530am to Noon Monday thru Wednesday or by appointment outside this time frame.*

***Two Ways to Compete:***

There will be two different categories to choose from for the Competition—choose one OR both!

1. Greatest % of Loss based on BCA results
2. Maximizing your Membership at the FC

*Great prizes will be awarded for various levels of achievement!*

**Cost: Members: $30**
***Non-Members: $75**

***Non-Member receives full use of Fitness Center during the Fall Fitness Challenge!***

***So, find your Partner & stop by the Front Desk for your Registration Form and secure your spot for this Year's Fall Fitness Challenge!***

ALWAYS IN MOTION NUTRITION

*We are excited to announce our upcoming alliance with Tyler Martin, RD! Tyler will be offering Individual Consulting; Nutritional Education & more…*

*Watch for more details on both our website and Facebook Page, as well as printed materials at the Front Desk.*

*Welcome, Tyler!*

# VIBRATION PLATE...
## what is it good for?

Vibration training delivers a full-body workout that supports strength, flexibility, and balance—all with low-impact motion that's easy on your joints. The rhythmic vibrations engage your muscles to support overall movement and circulation while helping you stay active and recover between workouts. With regular use, it can help tone muscles, support fat-burning workouts, and improve range of motion—making it an efficient way to move and feel your best in just minutes a day.

Our Vibration Plate Platform helps to: promote coordination; ease joint & back pain; boost flexibility & mobility; support metabolism & lymphatic flow and reduce stress & tension (just a few of the many benefits).

It is designed for everyone, from beginners to experienced users. You can adjust intensity, mode, and duration to match your comfort level. The gentle vibrations are low-impact yet powerful, making it ideal for users looking to maintain strength, stability, and overall wellness.

## "Fairways for Fitness"
### Annual Golf Fundraiser

Twelve Teams gathered together at Valley View Country Club on Thursday, August 27th and enjoyed an afternoon on the Course playing a Nine-Hole Best Ball Scramble while raising funds for the purchase of a new NUStep Machine. At print, over $10,000 was raised!

**ACE Sponsors** included: Archer Credit Union, Central City Scale, Citizens Bank & Trust Co, Cornerstone Bank, Farm Bureau Financial Service - Shannon Hannappel & Brent Santin, Hamilton, ISI Solar, Jannica Boutique, Mesner Development Co., myellement BOUTIQUE, Pinnacle Bank and Valley View Country Club.

**EAGLE Sponsors** included: Central City Mall #100, Dairy Queen, Double Locked Security, FNIC, Grand Auto Sales, Merrick Medical Center, Performance Plus Liquids, LLC and T-Shirt Engineers.

**BIRDIE Sponsors** included: Banks Wraps & Signs, Central City Veterinary Clinic, Copycat Printing & Signs, Deterdings Classic Pool & Spa, Hans Service, LCC, Jay's Stop LLC, Merrick Foundation, Inc., MidAmerica Speakers Bureau, Ostransky Chiropractic, LLC, Prairie Creek Vineyard & Winery, Stromsburg Soft Water, LLC, Trav's U-Save Pharmacy & Vlcek Gardens, LLC

**Thank you to all who gave of their time & gifts!**

# Land & Water Aerobics

*Classes are included with Membership*
*Non-member Class Fee is $6.00*

**Water Aerobics: 45/60 minutes** (Wanda & Denise)
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** (Linda & Jackie)
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.

**Kick Fit: 45 minutes** (Wade)
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** (Erin)
Class is dedicated to strengthening and toning all your muscles using dumbbells, body weight resistance & bands. Targets every major muscle group, and ends with abdominal work and stretching.

**AOA Fitness: 60 minutes** (Susan)
This is a full body workout utilizing hand weights, exercise bands and cardio drumming. This is a low impact class for your joints that you can make as high-intensity as you chose. This class tones muscles, increases range of motion, flexibility and balance, as well as relieves stress. It is a great class for people getting back into fitness, coming back from an injury or obviously Active Older Adults. Come have so much fun that you don't realize you are working out!

**Group Strength: 45 minutes** (Wade)
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** (Currently Video-led)
Yoga is a type of exercise in which you move your body to enhance flexibility, strength, breathing, stress relief and relaxation

**Full Body Stretch: 45 minutes** (Olga)
Ideal for people with stiff muscles or sedentary jobs...focuses on flexibility, stress relief & recovery.

**Gentle Fitness: 45 minutes** (Olga)
Great for Seniors, Beginners & Recovery/Rehab. Low impact, joint friendly, safe for backs & knees.

**Stretch & Burn: 45 minutes** (Olga)
Offers a ramped full body workout experience...focuses on cardio, strength & stretching. Great Monday workout!

**FIT HAPPENS: 30 minutes** (Hosted by Nancy)
A fun, stealth workout awaits you! Joint-friendly & moderate movement. Set your own pace & have fun!

# LAND & WATER CLASS SCHEDULE

| Time | Monday | Tuesday | Wednesday | Thursday | Friday |
|---|---|---|---|---|---|
| 5:45 AM | | Kick Fit | | Kick Fit | |
| 6:00 AM | Studio Cycling<br>Pure Strength | YOGA | Studio Cycling<br>Pure Strength | YOGA | Studio Cycling<br>Fit Happens |
| 9:00 AM | **Water Aerobics** | | **Water Aerobics** | | **Water Aerobics** |
| 10:00 AM | Full Body Stretch | | Gentle Fitness | | |
| 4:30 PM | Group Strength<br>Drop In until<br>630pm | AOA | Group Strength<br>Drop In until<br>630pm | AOA | |
| 5:30 PM | Stretch & Burn<br><br>Group Strength<br>Drop In until<br>630pm | **Water Aerobics** | Group Strength<br>Drop In until | **Water Aerobics** | Full Body Stretch |
| 6:00 PM | Group Strength<br>Drop In until<br>630pm | | Group Strength<br>Drop In until<br>630pm | | |

***The Fitness Center reserves the right to make changes in the schedule when needed!***

## MARK YOUR CALENDARS & SAVE THE DATES!

**"SOUP STROLL"**
**October 1st * 5pm to 7pm**
*Chamber Event*
*Stop by & enjoy a cup!*

**"FALL INTO WELLNESS"**
**October 17 * 8am to Noon**
*Small Group Event*
*Refresh your Mind, Body & Soul!*

**"GIVING THANKS"**
**November 8th * 1pm to 5pm**
*Celebrating 35 years of Service with our Members & surrounding Communities!*

## And more...

***Watch our Facebook Page***
*for complete details!*

## Upcoming...

**"BLACK FRIDAY" SPECIALS**

**November 27th—30th**

***AND***

**"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!*

**Joiners Fee does not apply to Student & Financial Assisted Memberships*