

INFORMATION

Fitness Facility Facts:

- Located on 2nd floor above LHS weight room
- Over 6,000 sq. ft. of space
- Cardiovascular & weightlifting equipment

Fitness Facility Hours*

Sundays: 8:00am - 6:00pm

Mondays - Fridays: 6:00am - 9:00pm

Saturdays: 7:00am - 6:00pm

*Fitness Facility will be closed on major holidays



Lakewood City Schools Community Recreation & Education

Phone: 216-529-4081
www.lakewoodrecreation.com

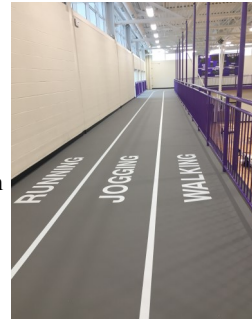
Lakewood Board of Education

Edward Favre, President
Linda G. Beebe, Vice President
Tom Einhouse
Emma Petrie Barcelona
Betsy Bergen Shaughnessy

INDOOR TRACK

Indoor Track Facts:

- 10 laps = 1 mile
- 3 full size lanes
- Walkers inside and runners on the outside
- Elevated around the LHS Main Gym
- Open to the public beginning January 2018



Indoor Track Hours*

Summer Hours & Non School Days

Sundays: 8:00am - 6:00pm

Mondays - Fridays: 6:00am - 9:00pm

Saturdays: 7:00am - 6:00pm

School In Session Hours

Sundays: 8:00am - 6:00pm

Mondays - Fridays: 6:00am - 8:00am

4:30pm - 9:00pm

Saturdays: 7:00am - 6:00pm

*Track will be closed during school hours and for any scheduled school events. Track hours will be posted on Recreation Department website and at the facility.



Lakewood Community Recreation & Education Department



LAKWOOD CITY SCHOOLS
COMMUNITY
RECREATION & EDUCATION
DEPARTMENT

Community Fitness Facility & Indoor Track



www.lakewoodrecreation.com



FITNESS FACILITY

EQUIPMENT

- ⇒ Cardio Equipment
Treadmills, Ellipticals, Recumbent Bikes, Spin Bikes, Rowing Machines, Stair Stepper & More!
- ⇒ Machine Weightlifting Equipment
Leg Extension, Leg Curl, Ab Crunch, Lateral Pull-down, Shoulder Press, Chin Up, Triceps Press & More!
- ⇒ Free Weight/Core Equipment
Olympic Bar Weights, Bench Press, Dumbbells, Chin Up/Dip Bars, Heavy Balls, Kettlebells, Tension Bands & More!

AMENITIES

- ⇒ Individual Electronic Combination Lockers
 - ⇒ Changing Rooms
 - ⇒ Designated Parking (angled spots located off of Bunts Rd for members)*
 - ⇒ Water bottle filling station
 - ⇒ 8 flat screen T.V.'s (blue tooth capable)
- *parking specifically for members 6:00am - 3:00pm



MEMBERSHIP INFORMATION

Membership Fees - Residents

	Monthly	Annually
Adult	\$27.00	\$270.00
Family (2 adults, kids 14 - 17)	\$45.00	\$450.00
Student (14 - 17)	\$15.00	\$150.00
College Student*(18 - 23)	\$18.00	
Senior (60+)	\$15.00	\$150.00
Senior Walking Pass (track only)	\$5.00	\$50.00
Adult Walking Pass (track only)	\$8.00	\$80.00

Membership Fees - Nonresidents

	Monthly	Annually
Adult	\$45.00	\$450.00
Family (2 adults, kids 14 - 17)	\$70.00	\$700.00
Student (14 - 17)	\$25.00	\$250.00
College Student* (18-23)	\$25.00	
Senior (60+)	\$25.00	\$250.00
Senior Walking Pass (track only)	\$10.00	\$100.00
Adult Walking Pass (track only)	\$15.00	\$150.00

*Current college I.D needed at time of registration

Membership is required for use of the Fitness Facility and Indoor Track. Each individual is required to complete the following forms:

- Fitness Facility & Indoor Track Registration Form
- Fitness Facility & Indoor Track Liability Waiver

Both forms will be posted on the Lakewood Recreation website on the Fitness Facility & Indoor track page as well as under the Important Forms section. Copies are available at the Recreation Department and Fitness Facility front desks. Both the Registration Form and the signed Liability Waiver shall be retained on file by the Recreation Department Coordinator. The Liability Waiver will be signed on an annual basis.

Memberships will not be accepted electronically.

Payment is due at the time that membership forms are submitted, however special circumstances may apply.

Valid I.D., and for residents, proof of residency, will be needed at time of registration.

Membership registration and opening day dates will be announced soon! Check out our website: www.lakewoodrecreation.com, @lkwdrec Twitter account and Facebook pages for updates.

