



**FITNESS CENTER - PUBLIC
RULES & RATES**

Effective July 1, 2017

The Fitness Center is located through the Activity Entrance on the west side of the Shelby-Rising City School building in Shelby. The facility includes free weight and several different pieces of cardio equipment. The facility will be open 24 hours a day, 7 days a week unless a notice is posted – students will have priority on equipment during school time, but the public is welcome to use the facility during the school day or during school activities. During the school day parking is available directly in front of the facility – those spots are not reserved during evening or weekend activities.

Guidelines

- Available to paid/registered members only, there are no daily or guest rates available.
- All users must have a signed waiver on file with the School District.
- No children under the age 14 are permitted. Ages 14 to 18 may use the facility with adult supervision, unless graduated from High School.
- Proper athletic work out attire is required, including shirt, shoes, and athletic shorts or pants. Outside or street shoes are not permitted.
- No Food or Drink, except water bottles with lids.
- Weight bars, benches, dumb bells, weights or other equipment should be returned to it proper spot and picked up after use.
- Do not place weights, dumb bells, or bars on padded surfaces – including benches.
- After use, wipe equipment with the disinfectant wipes provided in the facility.
- Please follow the safe use posters and signs located in the facility.
- Personal training or contracted services may not be held in the Fitness Center by members or outside persons.

Notice

- Report observed damage or violations of rules to: Terry Chadek at 402-527-5946 x5015 or tchadek@shelby.esu7.org
- Violation of Fitness Center rules will result in suspension or revocation of use privileges and forfeiture of remaining paid fees.

Rates

Payments are made to Shelby-Rising City Schools and membership forms must be filled out at the school’s main office during regular hours. Members (1 per membership) will be given a key FOB for facility access. Replacement cards are available for \$10.

	3-Month	6-Month	Year/Annual
Individual	\$40	\$80	\$150
Couple or Family	\$80	\$150	\$275
Sr. Citizen Single	\$30	\$60	\$100
Sr. Citizen Couple	\$40	\$80	\$125

* Out-of-District memberships must pay an additional \$25 fee.

** Family membership includes 2 adults + children living at home or in college. Extended family of those on a family membership may use the facility when in town, limited to 2 times per year.

*** Senior Citizen rates apply to those 65 and older.