

ROCKY HILL SENIOR FITNESS CENTER

761 Old Main Street, Rocky Hill, CT

860-258-2786

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The Rocky Hill Senior Fitness Center offers individualized and medically based exercise programs for older adults. Our equipment was selected based upon current scientific research and evaluation, and is designed to enhance cardiovascular endurance, muscular strength and to help reduce the risk of injury. Each participant follows a program based upon safe exercise guidelines derived from their screening data.

Hours of operation

Monday – Thursday 8:00am- 5:30pm

Friday 8:00am-4:30pm

Saturday 9:00am-12:00pm

Equipment included in our Center:

Nu-step Recumbent Bikes, Precor Treadmills, Precor Elliptical Recumbent, dumbbells and a full line of Inflight Fitness Strength Training machines.

Fitness Center Membership Application

\$120.00 for 1 year _____ \$80.00 for 6 months _____ \$50.00 for 3 months _____

Senior Center Membership required:

Resident: FREE _____ Non-resident: \$25.00 Annually _____ or  Member # _____

Please make checks payable to: Town of Rocky Hill

Name: _____ Phone: _____

Address: _____ Zip: _____ Email: _____

MC ____ or Visa ____ Credit Card #: _____ Check # _____

Exp. _____ CVV _____ Total amount \$ _____ **NO REFUNDS**

Please check that the following forms are completed and included with your application:

Medical Approval _____ Policies & Procedures _____ Health Questionnaire _____

Office Use Only: NEW _____ RENEWAL _____ Effective Dates: From: _____ To: _____