

# ROCKY HILL SENIOR FITNESS CENTER

761 Old Main Street, Rocky Hill, CT

860-258-2786

[gmarino@rockyhillct.gov](mailto:gmarino@rockyhillct.gov)

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.**

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## **Fitness Center Membership Application**

**Must be a member of the Rocky Hill Senior Center.**

**\$120.00 for 1 year \_\_\_\_\_ \$80.00 for 6 months \_\_\_\_\_ \$50.00 for 3 months \_\_\_\_\_**

Senior Center Membership required: Resident: FREE \_\_\_\_\_ Non-resident: \$20.00 Annually \_\_\_\_\_

**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: \_\_\_\_\_