

## Membership Information

- ◆ Passes can be purchased at the Fitness Center Desk.
- ◆ All adult members must sign a Liability Release Form when they join.
- ◆ All members must show identification at control desk in fitness center.
- ◆ 7th and 8th graders may use center if accompanied by an adult member.

### Membership Fees

#### Yearly Rates

Individual	\$150.00
Senior (62+)	\$100.00
Family	\$210.00
KASD Staff Member	\$ 50.00
College Student (ID)	\$ 60.00

#### Monthly Rates

Individual (6 mths)	\$90.00
Individual	\$30.00
Senior (62+)	\$20.00
Family	\$40.00

#### Corporate Rates

Are available upon completion of the proper application form. Please contact Lee Watson, Wellness Coordinator for more information.

A daily pass \$5.00. Non-resident of the KASD will be charged double the normal rate for all passes.

# Kiel Community Fitness Center

Kiel High School  
210 Raider Heights

Kiel, WI 53042

Office Phone:

(920) 894-5505

Lee Watson,

Wellness Coordinator



## Kiel Community Fitness Center



Contributing to a positive self-image, improving circulation and cardiovascular endurance, weight loss and muscle toning.

# KHSFC

## Hours of Operation

### **Morning Hours:**

Monday-Friday 5:30-7:30 a.m.

Saturday's 7:00-10:00 a.m.

### **Evening Hours:**

Monday, Tuesday, Thursday 3:00-8:00 pm

Wednesday's 2:00-8:00 p.m.

Friday's 3:00-6:00 p.m.

### **Sunday's—Closed**

Hours may change during the year (holidays and summer). Schedule for Pool Hours available at KHS.

## **Membership Benefits**

- ◆ Free workout shirt
- ◆ Free access for usage of the pool
- ◆ Locker room and shower facilities
- ◆ Orientation and supervision on all equipment
- ◆ 25% discount on any programs offered through the Fitness Center (ex. Boot camps, etc.)
- ◆ Access to 18 pieces of cardio equipment (treadmills, elliptical machines, and stationary bikes)
- ◆ Access to Icarian weight equipment (free weights and stationary machines)

## **Orientation**

For all interested members, an instructor will be available to explain and demonstrate proper equipment usage.

## **Lockers/Shower Facilities**

A limited number of lockers are available to members.

Members are responsible for securing their personal items (need to supply own lock).

Lock must be removed after use.

Shower facilities are available to all members. Members using these facilities must supply their own towels.

## **Corporate Rates**

Corporate rates are available upon completion of the proper application form.

**A SUPERVISOR WILL BE ON DUTY AT ALL TIMES!!!**



## **Miscellaneous Information**

Lost and found items will be at the KHSFC control desk for one month (then discarded).

Locks left on lockers will be cut off at the end of the day.

Water bottles are allowed.

## **Dress Code**

Required for male and female members:

- ◆ Rubber-soled shoes (no sandals or open-toed shoes)
- ◆ T-shirt or tank top at all times
- ◆ No exposed buckles, snaps or zippers on workout clothing
- ◆ No jeans, dress pants or dress clothes