

# Public Hours of Operation

As of January 2020

(Hours and days are subject to change at any time.)

## SEPTEMBER, APRIL, MAY

Monday through Friday ----- 6:00 - 8:00 a.m.

Monday and Wednesday ---- 3:30 - 5:00 p.m.

## OCTOBER through MARCH (during Fitness Challenge)

Monday through Friday ----- 6:00 - 8:00 a.m.

Monday through Thursday --- 3:30 - 5:00 p.m.

## Mid-NOVEMBER through MARCH (during Open Gym nights)

Sunday ----- 6:00 - 8:00 p.m.

## JUNE through mid-AUGUST

Monday through Friday ----- 6:00 - 8:00 a.m.

# New York Mills Public School Fitness Center



## Rates

(SUBJECT TO CHANGE)

### Students

6th - 12th grade students are FREE  
due to the fees being paid by the Booster Club.

### Adults

Daily Pass .....	\$ 2.00
Monthly Pass .....	\$ 20.00
20-Punch Daily Pass .....	\$ 40.00
6-Month Pass .....	\$ 80.00
Yearly Pass .....	\$ 150.00

### Household/Family

6-Month Pass .....	\$ 160.00
Yearly Pass .....	\$ 300.00

## Fitness Center Challenge

(Look for fliers for a NYM Fitness Center Fitness Challenge  
each fall and spring.)

**WEIGH-INS:** Thursday nights or Friday mornings in the Fitness Center. Must weigh and turn your exercise log in at least once every 3 weeks or you will be disqualified.

**COST:** \$60, includes your 11-week membership for the Fitness Center and a t-shirt

**CATEGORIES:** 3 categories with 1<sup>st</sup> place winning \$100 and 2<sup>nd</sup> place winning \$50 (based on 30 people minimum).

- Highest percentage of weight loss for women
- Highest percentage of weight loss for men
- Most minutes of exercise for men or women

**QUESTIONS:** Call 385-2553 ext. #270

There will be a few minutes of paperwork and training before you can actually start in the Fitness Center on your own. Talk to the supervisor on duty to get trained in on the machines. Passes can be purchased at a session in the Fitness Center or during office hours in the District Office, 7:30 a.m. to 4:30 p.m. As with other activities, **when school is closed, the Fitness Center will also be closed**, including school closing due to inclement weather or holidays.

**NO GLASS CONTAINERS OR FOOD WILL BE ALLOWED  
IN THE FITNESS CENTER.**