

## How to support the Rec?

Garnett Community Foundation

*Tax Deductible donations  
towards the Garnett Recreation  
Center are accepted through the  
foundation.*

[www.garnettrecreation.recdesk.com](http://www.garnettrecreation.recdesk.com)

# THE REC

Garnett Recreation Center

510 North Lake Road  
Garnett, Kansas 66032  
785.448.3023  
[garnettrecreation.recdesk.com/community/home](http://garnettrecreation.recdesk.com/community/home)  
[reccenter@garnettks.net](mailto:reccenter@garnettks.net)

Garnett Community Foundation  
P.O. Box H  
Garnett, KS 66032

GIFT CERTIFICATES  
AVAILABLE FOR PURCHASE  
AT THE REC  
CENTER OR ONLINE VIA  
OUR WEBSITE

24 HOUR ACCESS  
GYM  
FITNESS CLASSES  
PERSONAL TRAINING



*Small, Serene, Simply Garnett.*



## **STRENGTH TRAIN**

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ARE YOU LOOKING TO BUILD MUSCLE OR TONE? OUR WEIGHT ROOM HAS EVERYTHING YOU NEED. FROM FREE WEIGHTS, DUMB BELLS, AND WEIGHT MACHINES, WE ARE ALWAYS UPDATING EQUIPMENT TO MATCH THE INDUSTRY

## **CARDIO & ENDURANCE**

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LOOKING TO IMPROVE YOUR CARDIO HEALTH AND ENDURANCE TRAINING? OUR CARDIO ROOM HAS STATIONARY BIKES, TREADMILLS, CYCLING BIKES & ELIPTICALS TO MEET ALL YOUR NEEDS.

## **FITNESS CLASSES**

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YOGA  
STRENGTH TRAINING  
INDOOR CYCLING  
HIGH INTENSITY INTERVAL TRAININ  
(HIIT)

## **HOURS OF OPERATION**

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### **Monday - Friday**

2 P.M. - 7 P.M.

### **Saturday**

8 A.M. - 12 P.M.

### **Sunday**

CLOSED

## **WINTER HOURS**

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### **Monday - Friday**

2 p.m.— 7 P.M.

### **Saturday**

8 A.M. - 12 P.M.

### **Sunday**

CLOSED

## **MEMBERSHIP**

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### **MONTHLY**

Single (11-18)	\$20/month
Single (19-54)	\$30/month
Family	\$40/month*
Senior (55+)	\$20/month
Daily Fee	\$3/day

### **ANNUAL**

Single (11-18)	\$200/annual
Single (19-54)	\$300/annual
Family (4)	\$400/annual
Senior (55+)	\$200/annual

*\*Family of four includes four family members living at the same address. Any additional kids up to the age of 18 will be an additional \$10/ month or \$100/year*

ONLINE REGISTRATION IS REQUIRED TO PARTICIPATE IN GARNETT RECREATION PROGRAMS. IF YOU NEED ASSISTANCE, PLEASE STOP BY THE REC DURING REGULAR OFFICE HOURS. OUR FRIENDLY STAFF WILL BE HAPPY TO HELP YOU WITH ANY QUESTIONS YOU MAY HAVE.

## **PERSONAL TRAINING**

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PERSONAL TRAINING SESSIONS ARE BY APPOINTMENT ONLY. THEY ARE 6 WEEK PROGRAMS DESIGNED SPECIFICALLY TO YOUR GOALS. EACH 6 WEEKS BEGINS WITH A TESTING SESSION AND MEASUREMENTS.

PRICING:  
NON-MEMBERS-\$25 PER SESSION  
MEMBERS: \$20 PER SESSION  
\*SESSIONS ARE 30-45 MINUTES

## **RENTALS**

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THE REC CAN BE RENTED FOR SPECIAL EVENTS. PLEASE CALL OUR STAFF AT THE REC FOR AVAILABILITY