

LOCKER ROOMS * SHOWERS
AIR CONDITIONED * WI-FI

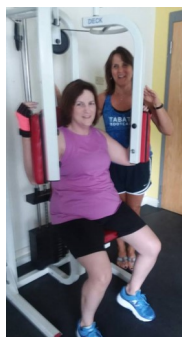
Certified Personal Training

5 sessions \$150

10 sessions \$250

20 sessions \$450

Or \$30. per session.



Fitness Classes for All Ages

led by our certified
professional instructors.

See class schedule inside.

Open 24/7 for those 18 and older.

Supervised Summer Hours

M & W 9-1 and 3-5:30

T & Th 8-12 and 3-5:30

F 9-12 noon

Or call 876-4813 for appointment.



**COMMUNITY
FITNESS**
FRIENDS OF
GUILFORD, MAINE

24/7

**Fitness and
Community Center**



www.comfitme.com
Facebook Page Updates
"Community Fitness"
876-4813
31 High St. in Guilford, ME
Non-profit 501c3

GYMNASIUM

We have a beautiful gymnasium/multipurpose room equipped with a basketball court, pickle ball court, heavy bag and speed bag. This space is used for our fitness classes and is also open for you to use whenever there isn't something scheduled.

Right off the gym is a storage room with step benches, hand held weights, mini bands, glides, spinning bikes, etc. Under the stage is everything you need for yoga; mats, blankets, blocks.



TWO WEIGHT ROOMS

One weight room is free weights & plate loaded equipment, the other is cable select machines, light weights and an area to stretch

CARDIO ROOM

Our cardio room has 4 treadmills, 2 upright ellipticals, 1 seated elliptical, 1 recumbent and 1 upright stationary bike, and a rowing machine



All fitness rooms are equipped with TVs, Dish network and Sirius radio which can be piped through speakers. Our stage area (off the gymnasium) also has a smart TV where you can livestream workouts from the internet, or use the DVD/VCR machine.

MEMBERSHIP FEES

	Monthly	3 months	6 months	yearly	yearly commitment
	(pay as you go)				(auto. monthly withdrawal)
Student	\$30	\$75	\$150	\$297	\$297 pd \$24.75 mo.
2 person student family	\$45	\$120	\$235	\$445.50	\$445.50 pd \$37.12 mo.
Single adult	\$35	\$90	\$175	\$330	\$330 pd \$27.50 mo.
2 person family	\$55	\$150	\$295	\$495	\$495 pd \$41.25 mo.
3+ person family	\$65	\$180	\$355	\$544.50	\$544.50 pd \$45.37 mo.
Senior (62-74)	\$30	\$75	\$150	\$297	\$297 pd \$24.75 mo.
Senior family	\$45	\$120	\$235	\$445.50	\$445.50 pd \$37.12 mo.
Elder (75+)	\$15	\$40	\$75	\$145	\$145 pd \$12.08 monthly


We are a 501(c)3 non-profit. Scholarships are available for low income eligible members. These scholarships are not reimbursed by any state or federal monies but are entirely covered by our members who are paying full price and/or with fundraising activities. We keep our fees deliberately low to enable as many people as possible to afford to join. Please inquire if you feel that you need assistance to cover your membership fees.

Corporate Rates are available. Please call 876-4813 for details.

Class Schedule Begins June 11th.

Classes are included in membership. Schedule subject to change.



Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
8:00 AM Gentle Awakening Yoga w/Gayle 9:45 AM Silver Sneakers Intermediate w//Terri 11:00 AM SilverSneakers I Classic w/Terri 4:30-5:15 PM Body Burn W/Cara	8:00AM Morning Burn w/ Gayle 9:00-10:30AM Community Game Day Pickleball 3:45-5:00 PM Spin Club 5:15-6:15 PM Yoga for Every Body Stretch, Relax, Breathwork & Meditation	7:00-8:00 AM **Tai Chi w/Wayne 8:00 AM Gentle Awakening Yoga w/Gayle 9:45 AM Silver Sneakers Intermediate w//Terri 11:00 AM SilverSneakers I Classic w/Terri 5:15-6PM Fat Blasting & Strength Building Bootcamp w/ Wendy	8:00AM Morning Burn w/ Gayle 9:00-10:30 AM Community Activity Day & Pickleball 4:30-5:15 PM Dance Fitness w/Sherree	9:45 AM Silver Sneakers Intermediate w//Terri 11:00 AM SilverSneakers I Classic w/Terri 	8:15-9AM Muscle Max w/Wendy