

How to support the Rec?

Garnett Community Foundation

THE REC

Garnett Recreation Center

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

www.garnettrecreation.recdesk.com

510 North Lake Road
Garnett, Kansas 66032
785.448.3023
garnettrecreation.recdesk.com/community/home
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

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

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

FITNESS CLASSES

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

HOURS OF OPERATION

Monday - Friday

2 P.M. - 7 P.M.

Saturday

8 A.M. - 12 P.M.

Sunday

CLOSED

WINTER HOURS

Monday - Friday

2 p.m.— 7 P.M.

Saturday

8 A.M. - 12 P.M.

Sunday

CLOSED

MEMBERSHIP

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

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

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