

**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 Hours Fall 2019

M-F 9-1 and 3-5:30

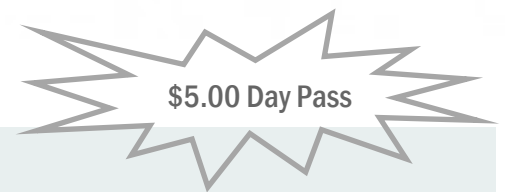
call 876-4813 for appointment.



**COMMUNITY
FITNESS**
GUILFORD, MAINE
FRIENDS OF

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.

Membership Fees as of October 1st, 2019

	monthly	3 months	6 months	yearly	1 yearly rate paid by month
minors (under 18) and seniors (62-74)	\$35.00	\$90.00	\$175.00	\$315.00	\$26.25
2 person senior or minor family	\$50.00	\$135.00	\$250.00	\$450.00	\$37.50
adult (18-61)	\$40.00	\$105.00	\$200.00	\$360.00	\$30.00
2 person family	\$60.00	\$165.00	\$300.00	\$540.00	\$45.00
3+ person family	\$70.00	\$195.00	\$350.00	\$630.00	\$52.50
elder 75+	\$15.00	\$40.00	\$75.00	\$135.00	\$11.25

yearly membership gives 3 months free
6 months gives 1 month free
3 months, save \$15.00 or \$5. per month

Day passes \$5.00
Week's pass \$15.00
MS & HS students who have a Pirate Rec discount card get \$15. off monthly membership.

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 Sept/Oct 2019

Schedule subject to change. ** means there's a charge for that class.

Most classes are included with membership.



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



COMMUNITY FITNESS CLASS SCHEDULE

31 High St., Guilford

876-4813

Classes marked ** have a fee.

www.comfitme.com

Class Schedule August 12

Classes Subject to Change

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<p>8 AM Gentle Awakening Yoga w/Gayle</p> <p>9:45 AM Silver Sneakers Intermediate w/Terri</p> <p>11 AM SilverSneakers1 Classic w/Terri</p> <p>Pickleball Noon</p> <p>5:15-5:45 PM Over Before You Know It: w/Wendy</p> <p>6PM-7PM Pickleball All Levels Welcome</p>	<p>8 AM Morning Burn 30 min. class w/ Gayle</p> <p>8:45-10:15AM Pickleball All Levels Welcome</p> <p>3:55-5PM Spin on the stage (no instructor)</p>	<p>7-8 AM **Tai Chi w/Wayne</p> <p>8 AM Gentle Awakening Yoga w/Gayle</p> <p>9:45 AM Silver Sneakers Intermediate w/Terri</p> <p>11 AM SilverSneakers I Classic w/Terri</p> <p>Pickleball Noon</p> <p>5:15-6 PM Body Fit Boot Camp w/Wendy</p> <p>6PM-7PM Pickleball All Levels Welcome</p>	<p>8 AM Morning Burn 30 min. class w/ Gayle</p> <p>8:45-10:15AM Pickleball All Levels Welcome</p>	<p>9:45 AM Silver Sneakers Intermediate w/Terri</p> <p>11 AM SilverSneakers I Classic w/Terri</p> <p>Pickleball Noon</p>	<p>7:30-8:30 Spin Club</p> <p>8:30-10:30 Pickleball</p>

The gymnasium is in use by Miss A's Daycare at 10:15-10:45 AM T & Th and 9:00-9:30 M W F and 2:15-2:45 M-F on rainy or really hot days.



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.