

The Community of Clinton is proud to offer the use of the Wellness Area and Gym at the Community Center for FREE.

We do issue free membership cards, just stop by the facility to read the guidelines for use and fill out the registration form. To use our equipment in the Wellness area, we do require that you complete an orientation. Normally there is someone here Monday – Thursday that would be happy to provide the orientation for you. It usually takes 10 to 20 minutes. Please call before making a special trip 660-885-2181

#### Hours of Operation

Monday – Thursday 5:00 am – 8:00 pm

Friday 5:00 am – 5:00 pm

Saturday – 6:00 am – 2:00 pm

Sunday – closed

These hours may change around holidays and during the summer. We always post any changes in several locations throughout the facility and on Facebook.

#### Age restrictions for children.

##### Wellness Area

If children are under the age of 12 they are not allowed in the Wellness area.

Ages 12 – 15 must be orientated and must be accompanied by an adult that has completed an orientation for the wellness area.

##### Walking Track

Under 14 must have someone 16 or older with them on the track at all times.

##### Gym

Gym is open for use unless otherwise posted for rentals or park and rec leagues.

We have very nice shower facilities that are free to use and lockers that can be rented for \$5 per month.

##### Aerobics Area

We have several instructors that offer different types of classes with varying skill levels. Price range is \$5 - \$8 with some classes offering punch cards.

Fun and Fit with Kisha – Monday and Wednesday 8:30 am to 9:30 am \* Silver Sneakers Class

Body and Soul – Monday and Wednesday 5:30 pm – 6:30 pm

Rise and Shine Yoga – Tuesday and Thursday 5:45 am

Boxing Fitness – Tuesday and Thursday 5:15 pm to 6:15 pm

Tae Kwon Do – Thursday 6:30 pm – 7:30 pm

Flexibility Class – Tuesday and Thursday 10:15 am – 11:00 am and 11:15 am – 12 pm \* Silver Sneakers Class

**All class offerings are subject to change, please call for current class schedule/pricing 660-885-2181**

If you have never been here, please feel free to stop by and take a tour.