

"Where your friends are..."

manager Marcie Gibson
age 16+

(younger persons can contact the manager for a case-by-case review possible exception)

daily fee	\$4
1 mo fee	\$20 single \$35 couple \$50 family of 3 \$70 family of 4 \$85 family of 5
3 mo fee	\$55 single \$95 couple \$135 family of 3 \$180 family of 4 \$225 family of 5
6 mo fee	\$95 single \$165 couple \$250 family of 3 \$335 family of 4 \$420 family of 5

open	M-Th	5am-8pm
	Fri	5am-7pm
	Sat	7am-4pm
closed	Sundays, major holidays	

REGISTER AT THE FITNESS CENTER
801 Adams Blvd

SEE YOU SOON!
www.bcnv.org



"Community" is not just part of our name; it is what our Fitness Center is all about. Approximately 90 of your friends & neighbors use the Community Fitness Center on any given day. Many friendships are created in our friendly, relaxed, & family-oriented facility. Most of our staff are volunteer workers, part of that wonderful community of helpful, involved, people who make Boulder City the special place it is.

A membership has no conditions, contracts or further obligation. It's only \$4 for an entire day of facility usage. If you are a regular user, you may wish to take advantage of our \$20 per month rate. There are also discounted rates for 3 & 6-month memberships, as well as for "couples" & "family" memberships. You only pay for what you want, how you want & only as long as you want.

We are located in the ABC Park. Stop by & check us out. Become healthier, meet people & make some new friends (or visit old ones)!

BENEFITS

- ~ Personal fitness files ~
- ~ Friendly & family-oriented ~
- ~ Trained helpful staff ~
- ~ Full line of free weights ~
- ~ Exercise & cardio machines ~
- ~ Free body composition testing ~
- ~ Experienced, affordable, Certified personal trainers ~

SENIOR DIMENSIONS FIT FOR LIFE CLUB

The Community Fitness Center & Aquatics Center is a Senior Dimensions' Fit for Life Club provider. Senior Dimensions is a private health insurance company, a subsidiary of Sierra Health, that is also a Medicare provider. It recognizes the positive health value of regular exercise by encouraging members to exercise by paying certain exercise-related expenses for Senior Dimensions members. It pays Center fees, limited personal training fees and for classes as noted throughout this brochure, for it's members.

The City of Boulder City does not endorse or recommend Senior Dimensions as a insurance company. It merely has an agreement to accept payment from Senior Dimensions for those Fit for Life Club members who choose to utilize City of Boulder City facilities. For information, call the Aquatics or Community Fitness Center or Senior Dimensions at 242-7301.

BODY COMPOSITION ANALYSIS FREE (TO MEMBERS)

The Community Fitness Center provides body composition analysis every 4-6 weeks. This analysis is a far more reliable method of charting personal fitness progress than body weight measurements. It determines: body fat percentage & pounds, lean mass pounds & percentage, hydration level, basal metabolic rate, & target ideal weight.

Dr. Jeff Andrews conducts the analysis & explains results with a written report giving you a reliable, scientific measure of your personal progress with your fitness program. For more information & or to learn the next analysis date, please visit the Community Fitness Center or call 293-0870.

PERSONAL TRAINING Personal training can be beneficial for elite athletes & those who have never exercised before. If you want to lose weight, improve your sports performance, or to be assured that you are truly improving your health in the most efficient manner, a personal trainer may be just what you need. A personal trainer can tailor a fitness program that takes your current physical condition & fitness goals into consideration.

The Community Fitness Center has experienced certified personal trainers available for our members. With a fee of only \$35 per 1-hr session, our trainers provide the best value for your money in all of BC. Our trainers can tell you the best exercise program for you and assist any special needs training issues as well. Our trainers have flexible hours to work with you, they are:

MARCIE GIBSON is the Community Fitness Center Manager & is CPR/AED First-Aid Certified. She has lived in Boulder City for 20 years & is very active in many BC community organizations.

TERRY GROTHE has been training Boulder City residents for over 10 years. She is involved at the BC Pool & with Boulder City's awesome swim team. Although a specialist in competitive athletic training, Terry is very popular with women who aren't "going for gold" but still wish to lose weight & firm up. Terry is an APFA Certified Personal Trainer.

MEGAN GARNETT is an American Council on Exercise Certified Personal Trainer. Megan has lived in Boulder City for 6 years. She enjoys running & has competed in the Las Vegas Marathon. Megan trains all age groups & fitness levels.

DENI NOVOSELEK is an AFPA Certified Personal Trainer. Deni lives in Boulder City and has participated in the Pumpkinman Triathlon. Deni trains all age groups and fitness levels.

To get more information regarding our personal training services or to make an appointment with a Community Fitness Center trainer, simply visit your Community Fitness Center @ 801 Adams Blvd. or call us at 293-0870.