

## LAND FITNESS CLASSES

- **Silver Sneakers® Classic**  
Tues & Thurs @ 9:15am FREE \*\*\*
- **Arthritis Foundation Exercise Class :**  
Mon & Wed @ 11am \$1 Seniors / \$2 adults \*\*\*
- **Tone-Up:** Mon/Wed/Fri @ 9:00am  
\$1 Seniors / \$2 adults \*\*\*
- **Yoga with Kathy:** Mon & Wed @ 8:15am  
\$1 Seniors / \$2 adults \*\*\*
- **Yoga:** Thursday @ 10:30am \$3 everybody  
*Resumes in February*
- **Basic Soul Line Dancing:** Friday @ 8:00am  
\$1 Seniors / \$2 adults
- **DKP:** Tuesdays & Thursdays @ 5:30pm  
\$3 everyone
- **Boot Camp:** contact instructor Kelli Martin for  
more info, [smallsteps6@yahoo.com](mailto:smallsteps6@yahoo.com) or 639

## WATER FITNESS CLASSES

- **Silver Sneakers® Splash** (low intensity)  
Tue & Thurs @ 8:00am  
\$1 Seniors / \$2 adults \*\*\*
- **Silver & Fit® Aquatic Stretch - NEW CLASS**  
Tue & Thurs @ 10:30am  
\$1 Seniors / \$2 adults \*\*\*
- **Arthritis Foundation Aquatics Class:**  
Mon/Wed/Fri @ 8:00am \$1 per person \*\*\*
- **Aquacize** (low intensity)  
Mon/Wed/Fri @ 10:00am  
\$1 Seniors / \$2 adults \*\*\*
- **Hydrocize** (medium intensity)  
Mon/Wed/Fri @ 9:00am  
\$1 Seniors / \$2 adults \*\*\*
- **AQUA Explosion** (high intensity)  
Mon/Tue/Thur @ 6:00pm  
\$1 Seniors / \$2 adults \*\*\*
- **Golden Waves** (low intensity):  
Mon/Thurs @ 4:00pm  
\$1 Seniors / \$2 adults \*\*\*

## GENERAL RULES

- All Members and Visitors MUST sign in at the Front Desk
- NO Tobacco products allowed in the building
- NO DRUGS or ALCOHOLIC BEVERAGES in the building OR the Park
- SHIRT and SHOES must be worn in all areas of the building except the pools
- NO FIGHTING, HORSEPLAY, PROFANITY, or GAMBLING
- NO expression of PHYSICAL or VERBAL ABUSE to any STAFF MEMBER or other user of FACILITY.
- NO WEAPONS
- NO MISSUSE of EQUIPMENT.
- NO HANGING on RIMS or NETS in gymnasium
- NO PUBLIC DISPLAYS of AFFECTION
- NO RUNNING in the halls
- CHILDREN UNDER 12 MUST be accompanied by a person of responsibility at LEAST 16 YEARS OLD
- CHILDREN UNDER 4 that are swimming MUST have a person of responsibility at LEAST 16 YEARS OLD within ARMS REACH.
- Children 12 and under are NOT allowed to use the FITNESS room. Children 13-15 must have an adult present.

Please help us maintain a  
“Family Friendly”  
Environment.

CITY OF SHELBYVILLE

## SHELBYVILLE RECREATION CENTER



220 Tulip Tree Rd  
Shelbyville, TN 37160  
684-9780

<http://www.shelbyvilletn.org/recenter>

All price listed within this brochure were approved  
by the Shelbyville City Council and Park Board.

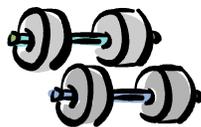
1/1/2014

| MEMBERSHIPS                        |                                | Single<br>(Ages 5-49) | Household of 4   | Senior<br>(Ages 50+) | Senior Couple<br>(Both 50+) |
|------------------------------------|--------------------------------|-----------------------|------------------|----------------------|-----------------------------|
| <b>FULL MEMBERSHIPS</b>            |                                |                       |                  |                      |                             |
| Full Annual Membership             | R                              | \$225.00              | \$325.00         | \$150.00             | \$225.00                    |
|                                    | NR                             | \$275.00              | \$375.00         | \$175.00             | \$250.00                    |
|                                    | Corporate                      | \$175.00              | \$275.00         |                      |                             |
|                                    | *Active/Reserve Military       | No Charge             | \$137.50         |                      |                             |
|                                    | Veterans (Honorable Discharge) | \$175.00              | \$275.00         |                      |                             |
| 30 Day Full Membership             | R                              | \$40.00               | \$50.00          | \$30.00              | Not                         |
|                                    | NR                             | \$50.00               | \$60.00          | \$40.00              | Available                   |
| 90 Day Full Membership             | R                              | \$100.00              | \$150.00         | \$75.00              | Not                         |
|                                    | NR                             | \$125.00              | \$175.00         | \$100.00             | Available                   |
| 180 Day Full Membership            | R                              | \$150.00              | \$200.00         | \$100.00             | Not                         |
|                                    | NR                             | \$200.00              | \$250.00         | \$125.00             | Available                   |
| 30 Visit Full Pass                 | R                              | \$80.00               | Not              | Not                  | Not                         |
|                                    | NR                             | \$105.00              | Available        | Available            | Available                   |
| 7 Day Full Visitors Pass (NR only) |                                | \$20.00               | Not<br>Available | Not<br>Available     | Not<br>Available            |
| <b>SINGLE MEMBERSHIPS</b>          |                                |                       |                  |                      |                             |
| Summer Pool Pass                   | R                              | \$100.00              | \$150.00         | \$75.00              | Not                         |
|                                    | NR                             | \$125.00              | \$175.00         | \$100.00             | Available                   |
| Pool, Fitness Room,<br>or Gym Only | R                              | \$125.00              | \$175.00         | \$100.00             | Not                         |
|                                    | NR                             | \$175.00              | \$225.00         | \$125.00             | Available                   |
| Track Only                         | R                              | \$65.00               | Not              | \$55.00              | Not                         |
|                                    | NR                             | \$80.00               | Available        | \$65.00              | Available                   |
| 30 Day Track Only Pass             | R                              | \$10.00               | Not              | \$5.00               | Not                         |
|                                    | NR                             | \$15.00               | Available        | \$10.00              | Available                   |

R—Resident / NR—Non Resident

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|---------------|------|
| Household (4) | \$15 |
| Adult (18-49) | \$6  |
| Senior (50+)  | \$5  |
| Youth (5-17)  | \$5  |
| Child (4 & u) | FREE |



|           |     |
|-----------|-----|
| Gymnasium | \$3 |
| Pools     | \$3 |
| Fitness   | \$3 |
| Track     | \$3 |

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## FULL MEMBERSHIPS INCLUDE:

Gymnasium, Fitness Room, Swimming Pools, Walking Track, Racquetball Court, & center-sponsored land and water fitness classes.

**\*AREA PASSES ARE ONLY GOOD FOR THE AREA PURCHASED.**

## RECREATION CENTER HOURS

Monday-Friday 5:30am - 8pm

Saturday 8am - 7pm

Sunday 1pm - 6pm

## INDOOR POOL HOURS

Monday - Friday 6am - 2pm

4pm - 7pm

6am - 11am Fitness Swim / Classes Only

Saturday 11am - 6pm

Sunday 1pm - 5pm

## RENTALS

*Must book with Front desk, prepay, and sign user agreement.*

|                                                         |                                                   |
|---------------------------------------------------------|---------------------------------------------------|
| Racquetball                                             | \$6/hour                                          |
| Wallyball                                               | \$1/player - Resident<br>\$2/player - NonResident |
| Meeting Room ¼ ,<br>Party Room, or<br>Arts & Craft Room | \$12/hour- Resident<br>\$15/hour- NonResident     |
| Meeting Room ½                                          | \$15/hour - Resident<br>\$18/hour- NonResident    |
| Meeting Room whole                                      | \$20/hour - Resident<br>\$25/hour- NonResident    |
| Kitchen                                                 | \$10/hour                                         |
| Lockers                                                 | \$8/month                                         |