

## Rates & Services

### Child Care\*

Weekday mornings 8:00—11:00 AM  
 Evenings (Mon.—Th.) 5:00 PM—7:00 PM\*\*

\*\$2 per hour / per child for child care.

\*\*PM child care runs Labor Day to Memorial Day.

### Massage Therapy

Blue Glass Massage—Karen Jackson, LMT

Massage Rates:

1 hr. massage - \$50 / :30 - \$30 / :90—\$70

Call for an appointment - 563-219-0999

Email Karen @ knkjackson@yahoo.com

### Personal Training

We have certified personal trainers on staff who are here to meet all of your fitness goals. Ask any front desk staff about our trainers.

### Membership Rates

Membership Type	12 mo.	9 mo.	6 mo.	3 mo.
K—6th Student	\$18	\$18	\$18	\$18
7th—College	\$31	\$31	\$31	\$31
Sr. Citizen 62+	\$31	\$34	\$37	\$41
Adult	\$40	\$44	\$49	\$58
Family	\$69	\$75	\$80	\$88

*Students may elect a three month contract.*

*3 month contracts must be paid in full.*

### Miscellaneous Memberships

Class Pass Memberships

\$41 for 10 visit punch card (classes only)

Track Use Only—\$23 per month

12, 9, 6 or 3 month membership required.

	Regular Hours:	Summer Hours:
Monday - Thursday	5:00AM—9 PM	5 AM-9 PM
Friday	5:00 AM—8 PM	5 AM-7 PM
Saturday	7 AM—7 PM	7 AM -5 PM
Sunday	11 AM—6 PM	11 AM-5 PM

Phone Number 563-659-5127

Fax Number 563-659-8106

Website parks.cityofdewittiowa.org

Get Fit at the DeWitt Fitness Center!



900 14th Street  
 DeWitt, IA 52742



Established in 1983.

900 14th Street  
 DeWitt, IA 52742

563-659-5127

### Hours:

**Regular Hours—Labor Day—Memorial day**

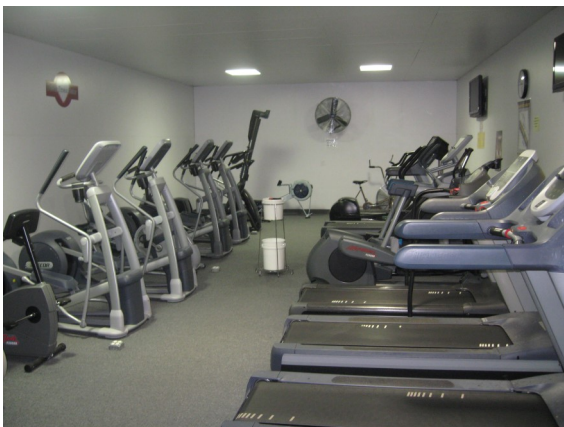
Monday - Thursday 5 AM—9 PM  
 Friday 5 AM—8 PM  
 Saturday 7 AM—7 PM  
 Sunday 11 AM-6 PM

**Summer Hours—Memorial Day—Labor day**

Monday - Thursday 5 AM—9 PM  
 Friday 5 AM—7 PM  
 Saturday 7 AM -5 PM  
 Sunday 11 AM-5 PM



parks.cityofdewittiowa.org



The DeWitt Fitness Center is your community fitness club, helping its members go faster and push harder toward their fitness goals for more than 30 years. Our staff is here to assist you in every step of your fitness program.



## Benefits of Membership

- No initiation fees / No court fees
- No cost classes
- Group & Corporate membership discounts
- Free & Machine weights
- Cardio room
- Racquetball courts
- Spa, Sauna & lap pool
- Basketball hoop
- Indoor track
- Group cycling classes
- Boot camp
- Circuit Training
- Zumba
- Dance Fitness
- Step Aerobics
- Senior Fitness Classes
- Yoga
- Pilates
- Les Mills Body Pump
- Water exercise classes
- Personal training
- Birthday party packages
- Massage therapy
- After school programs
- Private swim instruction
- Start smart sports program
- Youth tumbling classes
- Tae Kwon Do classes
- Insanity
- PiYo Strength
- & Much more....

Do you have any program ideas?  
We're always looking for instructors to teach new & exciting subjects. If you have a specialty you would like to share, we want to work with you.  
Call us today. 563-659-5127.

## Swimming Pool, Hot Tub, Sauna & Water Classes

Our **pool** is 20' x 40', three to four foot deep and heated to 83 degrees. The pool also is **handicapped accessible** with a lift. Our **spa** seats 12 and is heated to 103 degrees. We also have a cedar lined sauna.

### Morning Recreational Water Exercise

A fun way to get fit. Easy invigorating exercises done in the water, keeping muscles toned and joints flexible. This is a great class for rehabilitation too. Class focuses on movement in the water, flexibility and range of motion.

### Water Volleyball

Good-natured sporting event following 8:30 AM class. Unsupervised and self-officiated.

### Evening Adult Water Exercise

An adult group exercise consisting of warm-ups, water walking, stretching, and twisting and cool down. Enjoy the spa after a good workout. 1 hour class.

### Parent Tot Swim Class

A great water awareness class for toddlers and younger. Class is designed for one or both parents to enter the water with their child. Water is 3-4 feet deep and warm. Eight week classes begin in November and February.

### Private Swim Lessons

Private and group lessons are available for children and adults of all ages. Call for more information.

