

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



**GET FIT
at the
DEWITT
FITNESS
CENTER!**

GETTING STARTED.

Stop in today for a tour of our facility. You are going to love it! Visit with our friendly and knowledgeable staff to find a membership that is right for you and your goals. Ask about our group and corporate discounts. Get a free day pass and try it out.

GOT AN IDEA.

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



DeWittFitnessCenter
@parks_dewitt



Established in 1983.
900 14th Street
DeWitt, IA 52742
563-659-5127

DEWITT FITNESS CENTER

Est. 1983



563-659-5127 • parks.cityofdewittiowa.org

ALL GROUP FITNESS CLASSES ARE INCLUDED IN YOUR MEMBERSHIP.

Our friendly staff is always on site to assist you.

The DeWitt Fitness Center is your community fitness club, helping its members go faster and push harder toward their fitness goals for more than 35 years. Our staff is here to assist you in every step of your fitness program.

We have a clean and safe environment for your entire family.

Check us out.



**ALL AGES.
ALL SHAPES.
ALL SIZES.
ALL FITNESS LEVELS.**



Benefits Of Membership

- No Cost Classes
 - Cardio Room
- Racquetball Courts
 - Basketball Court
 - Indoor Track
 - Boot Camp
 - Circuit Training
 - Zumba • Step Aerobics
 - Senior Fitness Classes
 - Yoga • Pilates
- Staff On Hand At All Times!
- No Initiation Fees / No Court Fees
 - Free & Machine Weights
 - Spa, Sauna & Lap Pool
 - Group Cycling Classes
 - Les Mills Body Pump
 - Les Mills CXWORX
 - Water Exercise Classes
 - Personal Training
 - Birthday Party Packages
 - Private Swim Instruction
 - Start Smart Sports Program
 - Child Care During Workouts
- Group & Corporate Membership Discounts
- Youth Tumbling Classes • Tae Kwon Do Classes
 - Piyo Strength • & Much More....

Rates & Services

Child Care*

Weekday mornings 8:00—10:00 AM
Evenings (Mon.—Th.) 5:00 PM—7:00 PM**

*\$3 per hour / per child for childcare.

**PM childcare runs Labor Day to Memorial Day.

Dates and hours subject to change

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	\$19	\$19	\$19	\$19
7th—College	\$32	\$32	\$32	\$32
Sr. Citizen 62+	\$32	\$35	\$38	\$42
Adult	\$41	\$45	\$51	\$59
Family	\$71	\$77	\$82	\$90

Single day guest visit passes Adult \$7 Youth \$5

Students may elect a three month contract.

3 month contracts must be paid in full.

Miscellaneous Memberships

- Class Pass Memberships

\$55 for 10 visit punch card (classes only)

- Track Use Only—\$25 per month

12, 9, 6 or 3 month membership required.

Swimming Pool, Hot Tub, Sauna & Water Classes

Our pool is 20' x 40', three to four feet 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 temperature is kept warm.. Eight week classes begin in November and February.

Private Swim Lessons Private & semi-private lessons are available for all ages. Call for more information.

