PASS TYPE

Daily Drop-In: Pay as you go.

Adult (Age 18+)	**$4.50 (R)**	**$5.50 (NR)**
Youth (Ages 10-17)	**$3.00 (R)**	**$3.50 (NR)**

20 Visit Pass Card: Pay in advance for 20 visits. This pass is transferrable between family/friends but is non-refundable. This pass never expires.

Adult (Age 18+)	**$60 (R)**	**$72 (NR)**
Youth (Ages 10-17)	**$40 (R)**	**$48 (NR)**

3 Month Pass: Pay in advance for unlimited visits for 3 months. Pass expires three months from date of purchase, is non-refundable, and non-transferrable.

Adult (Age 18+)	**$84 (R)**	**$100 (NR)**
Youth (Ages 10-17)	**$45 (R)**	**$54 (NR)**

Annual Pass: Pay in advance for a year of unlimited Fitness Center use at a discounted ePass rate. Pass expires one year from date of purchase, is non-refundable, and non-transferrable.

Adult (Age 18+)	**$228 (R)**	**$274 (NR)**
Youth (Ages 10-17)	**$144 (R)**	**$173 (NR)**
Two Adults	**$408 (R)**	**$490 (NR)**
One Adult + Youth*	**$348 (R)**	**$418 (NR)**
Two Adults + Youth*	**$504 (R)**	**$605 (NR)**

**** Ask us about The Shape Up Discount!***

SHAPE UP!

ePass Options: Best value for regular users! The ePass is an ongoing monthly pass that electronically withdraws fees from your bank account or credit card for unlimited Fitness Center use. ePasses are non-transferrable. (Minimum 6-month commitment is required.)

Individual ePass for one user.

Adult (Age 18+)	**$19 (R)**	**$23 (NR)**
Youth (Ages 10-17)	**$12 (R)**	**$14 (NR)**

Two Adult ePass for two adults living in the same household. One additional adult – add $13/month.

Adult (Age 18+)	**$34 (R)**	**$41 (NR)**

One Adult Household ePass for one adult with children between the ages of 10–23 living in the same household.

Adult (Age 18+)	**$29 (R)**	**$35 (NR)**

Two Adult Household ePass for two adult with children between the ages of 10–23 living in the same household. One additional adult – add $13/month.

Adult (Age 18+)	**$42 (R)**	**$50 (NR)**

FITNESS CENTER HOURS OF OPERATION

Monday through Thursday	**8:30am-8:30pm**
Friday	**8:30am-5:30pm**
Saturday	**8:00am-Noon**

Look on-line or call 425-452-7681 for holiday hours.

ORIENTATION SCHEDULE:

Our free orientation is required prior to your first exercise visit. Please arrive on time as we are unable to accommodate late arrivals.

Monday:	**3:00pm**
Wednesday:	**6:00pm**
Saturday:	**10:00am**

Orientation and Fitness 1-on-1 days & times may change on a quarterly basis. Call 425-452-7681 for updates. Orientation takes approximately 30 minutes.

"FITNESS 1-ON-1" HELP SESSIONS (optional):

"Fitness 1-on-1" is our commitment to help you with the basics of exercise.

If you would like additional assistance after attending an Orientation, staff is available for personal attention to help get you started. Feel free to ask for assistance.

Available:

Wednesday	**5:00pm-8:00pm**
Saturday	**9:00am-Noon**

WELCOME TO THE FITNESS CENTER AT NBCC

Get a jump start on incorporating fitness and wellness into your life at our community-focused fitness center. A daily drop-in fee or one of our many pass options gives you access to this 930-square foot center equipped with state-of-the-art cardio and strength training equipment.

Let's Get Started

The first step is to visit the front desk and pick up a "PAR-Q-Physical Activity Readiness Questionnaire." This is for your personal use only, and does not need to be signed and returned to NBCC. Please read the questions carefully, answer them honestly, and consider the recommendations for your personal safety.

The next step is to attend a Fitness Center Orientation. All adults and youth are required to attend this 30-minute class prior to using the Fitness Center. The Orientation will cover our policies and procedures, step-by-step instruction on using cardio and weight training equipment properly, general principals of exercise, and will give you a chance to meet our fitness staff. No sign-up needed, just meet in the Fitness Center 5 minutes before our start time (see inside of the brochure for days and times).

Once you have attended on Orientation, you are ready to work out or attend a "Fitness 1-on-1" help session. See details on other side.

Bellevue Parks & Community Services

MyParksAndRecreation.com

FREQUENTLY ASKED QUESTIONS…

How old do you have to be to use the Fitness Center?

- Ages 10-12 may only use the cardio equipment with adult supervision. Also required: doctors note, age verification, signed youth waiver, and must attend Orientation.
- Ages 13-15 may use cardio and strength equipment with direct adult supervision after attending Orientation.
- Ages 16-17 may use cardio and strength equipment without adult supervision, with a parent's written permission after attending Orientation.

Are locker rooms & showers available?

- No

Do you offer fitness classes?

- Yes. We offer a variety of fitness and wellness classes including Enhance Fitness, Dance, Yoga, Martial Arts, Jazzercise and many more. Please refer to the Connections brochure for additional class offerings and descriptions, or on-line at www.bellevuewa.gov.

What do I wear?

- Please wear clean athletic shoes and a shirt that covers the torso. For women, no sports bras as outerwear.

North Bellevue Community Center

Wheelchair accessible. American Sign Language (ASL) or other interpretation available upon request. Assisted listening devices available. Call at least 48 hours in advance for any request. 425-452-6884 or Relay Service 711.

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NORTH BELLEVUE COMMUNITY CENTER

FITNESS CENTER

4063-148th Avenue NE
Bellevue, WA 98007
425-452-7681
www.bellevuewa.gov
www.MyParksAndRecreation.com