

WELCOME TO THE FITNESS CENTER AT SBCC

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 2,500 square-foot center equipped with state of the art cardio and strength training equipment.

A double gymnasium is also available for a variety of drop-in sports including basketball, badminton, and pickle ball. Please come by and take a look, and attend one of our free Orientations so we can answer any questions you may have.

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 SBCC. 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 teens are required to attend this one-hour 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 brochure for days and times).

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



MyParksandRecreation.com

Frequently Asked Questions...

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

- Youth ages 10-12 may use only the cardio equipment with adult (18+) supervision. Also required: doctors note, age verification, signed youth waiver, and attendance at a Youth Orientation.
- Teens ages 13-15 may use cardio and strength equipment with direct adult (18+) supervision after attending an Orientation.
- Teens ages 16-17 may use cardio and strength equipment without adult supervision, with a parent's written permission after attending an Orientation.

Are locker rooms available? Yes.

We have locker rooms with showers. You will need to provide your own lock, towel, and toiletries. Mini lockers are also available in the Fitness Center storage area. We encourage you to lock up all belongings while using the Fitness Center.

Is there a personal trainer available? Yes.

We have personal trainers available for 30, 45, and 55-minute appointments for individuals and small groups. A Health History Questionnaire packet must be completed prior to your appointment, and a doctor's consent may be required. Please call trainer directly to schedule a free initial consultation. Trainer contact information is available in the Personal Training and Assessment Brochure.

Do you offer fitness classes? Yes.

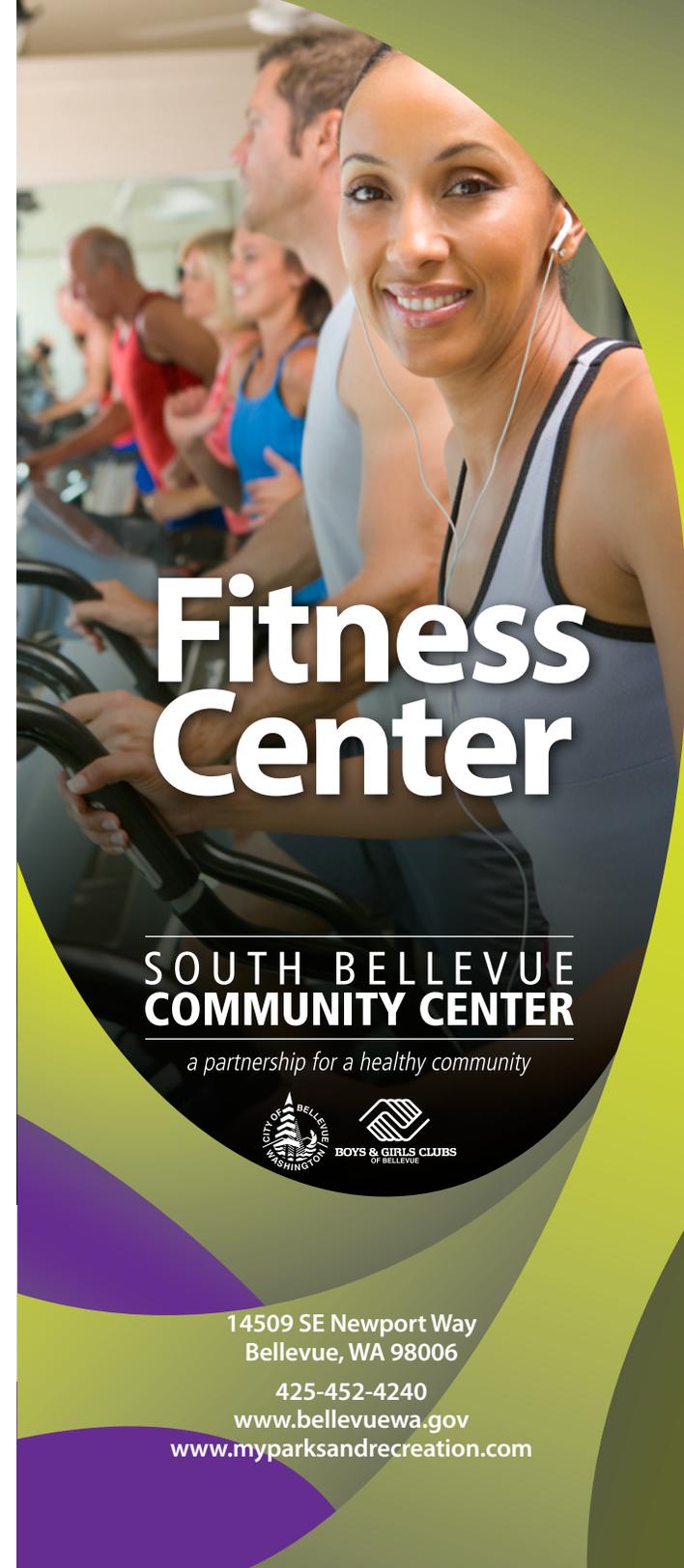
We have a variety of fitness classes including Indoor Cycling, ZUMBA®, Boot Camp, Pilates, Yoga, Martial Arts, Jazzercise, and many more. Please refer to the Connections brochure for additional class offerings and descriptions, or online at www.bellevuewa.gov.

What do I wear?

Please wear clean athletic shoes (no sandals) and a shirt that covers the torso. For women, no sports bras as outerwear. Dress in layered athletic attire to accommodate warming up and cooling down.



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.



Fitness Center

SOUTH BELLEVUE
COMMUNITY CENTER

a partnership for a healthy community



14509 SE Newport Way
Bellevue, WA 98006

425-452-4240

www.bellevuewa.gov

www.myparksandrecreation.com

PASS TYPE

Daily Drop-in: Pay as you go. Drop-in fee includes drop-in sports.

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| Adult (Age 18+): | \$5.50 (R) | \$7 (NR) |
| Teen (Ages 10-17): | \$3.50 (R) | \$4 (NR) |

20-Visit Pass Card: Pay in advance for 20 visits. This pass can be shared among members of the same account but is non-refundable.

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| Adult (Age 18+): | \$77 (R) | \$93 (NR) |
| Teen (Ages 10-17): | \$44 (R) | \$53 (NR) |

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

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| Adult (Age 18+): | \$100 (R) | \$120 (NR) |
| Teen (Ages 10-17): | \$60 (R) | \$72 (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 and is non-refundable and non-transferable.

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| Individual Adult (Age 18+): | \$315 (R) | \$378 (NR) |
| Individual Teen (Ages 10-17): | \$190 (R) | \$228 (NR) |
| Two Adults (Age 18+): | \$468 (R) | \$564 (NR) |
| Single Adult + Children (Ages 10-23): | \$408 (R) | \$492 (NR) |
| Two Adults + Children (Ages 10-23): | \$564 (R) | \$684 (NR) |

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. ePass holders age 13+ enjoy free trial classes and 25% off session price for select fitness classes. ePasses are non-transferable. (Minimum 6-month commitment is required).

Individual ePass for one individual.

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| Adult (Age 18+): | \$26 (R) | \$31 (NR) |
| Teen (Ages 10-17): | \$16 (R) | \$19 (NR) |

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

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| Adult (Age 18+): | \$39 (R) | \$47 (NR) |
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Single Adult Household ePass for one adult with children between the ages of 10-23 living in the same household.

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| Adult (Age 18+): | \$34 (R) | \$41 (NR) |
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Two Adult Household ePass for two adults with children between the ages of 10-23 living in the same household. One additional adult - add \$13/month.

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| Adult (Age 18+): | \$47 (R) | \$57 (NR) |
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Fitness Center Hours of Operation:

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| Monday-Thursday | 6am-9pm |
| Friday | 6am-8pm |
| Saturday | 8am-5pm |
| Sunday | 10am-5pm |

Look online or call 425-452-4240 for holiday hours.

Orientation Schedule:

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

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|-----------------------------------|--|
| Adults & Teens 13+ yrs | Youth Orientation 10-12 yrs |
| Mon: 7pm | Thu: 7pm |
| Tue: 9:30am | Sat: 11am |
| Wed: 6pm | Youth must be accompanied by an adult. |
| Fri: 11am & 6pm | |
| Sat: 1pm | |
| Sun: 11am & 2pm | |
| Lasts approx 1 hr | Lasts approx 30 min |

Orientation days and times may change on a quarterly basis. Call 425-452-4240 for updates.

Once you have attended an Orientation, you are ready to work out!

“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 at any time. If staff is unavailable, we will set an appointment for you at your convenience.

Included in admission fees: Gymnasium (drop-in sports), Fitness Center, locker rooms and showers, assistance from Fitness Center staff, and Orientation Classes.

Additional fees required for: Fitness classes, climbing wall, and personal training.

Fitness Center Pass Cards can also be used at the North Bellevue Community Center. Fitness Center located at: 4063 148th Avenue NE

BEST BUY! ADDED BENEFITS!

Consider the **ePass** (monthly) or **Annual Pass**.

These options are definitely the best buy if you use the Fitness Center 6 times or more per month for an individual (5 times or more per month for the two adult option).

Added benefits include:

1. Free Sampler Pass (\$95.50 value) to try 8 of our popular fitness classes once for free. See list below.
2. 25% off the session price: Boot Camp, Indoor Cycling, Pilates, Purna Yoga, Strong & Fit, Total Body Fitness, Yoga for Adults 50+ & ZUMBA®.