



*a Lancaster tradition, Since 1909*

Located at  
Olivedale Park  
253 Boving Road  
Lancaster, OH 43130

**Phone: 740-687-6655**

[www.lancasterparks.com](http://www.lancasterparks.com)

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**Get Healthy—Stay Healthy**

**Open to ages 35 and older**

The Health and Fitness Center offers an equipment room equipped with treadmills, stationary bikes, rowers, steppers, weight machines, elliptical trainers and much more.

Our Aerobic Room has a variety of group fitness exercise classes that are offered Monday through Friday.  
(see schedule for more details)

A warm water exercise pool is utilized for all levels of fitness including balance, strengthening, aerobics, relaxation, joint and muscular concentration. We offer open pool sessions several times a day along with pool classes Monday through Friday. (see schedule for more details)

Our Fitness Center Coordinator is available to assist in designing an exercise program and to provide equipment orientation. Schedule your time at the front desk or call 740-687-6655.

The Health & Fitness Center honors SilverSneakers®, Renew and Active® and Silver and Fit Insurance reimbursement programs.



**Get Healthy  
Stay Healthy**

Hours of Operation:

Mon/Weds- 5 am-8 pm

Tues/Thurs-6:45 am-8pm

Friday- 6:45 am - 4:30pm

We are closed on all major  
holidays

**Coming Soon!  
Weekend &  
Extended Hours**

## How to become a member

### **Annual Fee -due at sign-up**

The \$24 annual fee is per person and is pro-rated the first year with yearly renewals based on last name:

A-D expires April 1

E-K expires July 1

L-R expires October 1

S-Z expires January 1

### Annual Paperwork

(due at sign-up)

### **Membership Form (one time)**

Physical Assessment Waiver-questionnaire  
(must renew annually)

### **First time Visitors:**

**You can try a fitness class for FREE before you become a member. You must sign a waiver before participating. Waivers are with instructors.**

## Monthly Passes

There are two types of monthly passes good 30 days from the day of purchase.

### \$10/Month - Equipment Room

Unlimited use of the Equipment Room



### \$20/Month- Fitness Center & Open Pool

Unlimited use of Equipment Room & open pool sessions PLUS....unlimited fitness exercise classes.(see class schedule)



### Pool Classes

Pool classes are separate from monthly pass memberships. Cost is \$2/hour and you must pre-register a week before the session begins Sessions run for 3 months

## WHAT WE OFFER:

### FITNESS CLASSES:

SEE CLASS SCHEDULE FOR DAYS/TIMES:

SPIN (INDOOR CYCLING)  
ZUMBA STEP/TONING  
ROCK STEADY BOXING  
SILVER SNEAKERS CLASSIC  
ZUMBA GOLD  
BARRE FIT  
PILOXING  
FLOOR,CORE & MORE  
CHAIR YOGA  
LITE DANCE AEROBICS  
POUND FIT  
YOGA STRETCH  
TOTALLY TONED  
PILATES FIT  
MOVES & MUSCLES

### POOL CLASSES

AQUA CHALLENGE  
SILVER SPLASH  
LIGHT AEROBICS  
JOINTLY SPEAKING  
AQUA AEROBICS  
WATER WORKOUT  
STRENGTH&FLEXIBILITY