



225 East 3rd Ave.
270-393-3582

www.bgky.org/bgpr/fitness

BE ACTIVE, GET FIT, **STAY HEALTHY**

Offering:

- Free Weights & Cardio Equipment
- Selectorized/Rehab Equipment
- Racquetball/Wallyball Courts
- Group Exercise Classes
- Saunas

NO CONTRACTS
NO ENROLLMENT

Hours

Mon-Thurs: 6am-9pm

Friday: 6am-7pm

Sat-Sun: 9am-4pm



HEALTHWAYS
Silver Sneakers
FITNESS

 **Silver&Fit**



Fitness Fees

All prices include unlimited Free Weights, Cardio, Group Classes, Racquetball, Wallyball, Lockers, Showers, and Saunas.

- **Daily Workout** \$6
- **Individual Fitness** (50% off for those 55 or older)
Monthly: \$22.00 Yearly: \$212.00
- **Student/Government Individual Fitness**
Monthly: \$19.00 Yearly: \$182.00
- **Single Parent Fitness:** (limit 2 children)
Monthly (1 child): \$32.00 Yearly: \$318.00
Monthly (2 children): \$43.00 Yearly: \$382.00
- **2 Person Fitness:** (any 2 persons) (50% off if both are 55 or older)
Monthly: \$38.00 Yearly: \$382.00
- **3 or More Person Fitness:** (max up to 5 people)
\$149.00 yearly, paid in full, per person
- **Family Monthly Fitness:** (max 5 people, must live in same household)
Monthly: \$64.00 Yearly: \$530.00



Not looking for a month membership...try our 10-visit pass for \$30. That's only \$3 a visit.

Racquetball rental: \$10/hr non member(s)
\$5/hr with member(s)

Wallyball rental: \$15/hr non member(s)
\$7/hr with member(s)

Fitness Management

Frank A. LaManna, **Fitness/Wellness Supervisor**, 270-393-3232, frank.lamanna@bgky.org

Derick Fair, **Fitness Coordinator**, 270-393-3735, derick.fair@bgky.org

Bonita Dearbone, **Aerobics Coordinator**, 270-393-3582, bonita.paul@bgky.org

No children under 11 years old allowed in the fitness areas, anyone between the ages of 11-15 MUST be accompanied by an adult (18 or older).