



PLACE  
STAMP  
HERE

Your commitment to making wellness and fitness a part of your life is one of the wisest decisions you can make!

We hope that our fitness center will provide you with the motivation, encouragement and support you need to improve your level of personal fitness.

**Monroeville Senior Center**  
6000 Gateway Campus Blvd.  
Monroeville, PA 15146

*Features a great line of senior friendly cardio & strength training equipment.*



## **FITNESS CENTER**

### **Monroeville Senior Center**

6000 Gateway Campus Blvd.  
Monroeville, PA 15146

**(412)856-7825**

[www.monroeville.pa.us](http://www.monroeville.pa.us)



## Becoming a Member:

In the best interest of the Municipality of Monroeville, its staff, and the patrons of the fitness center, the Monroeville Senior Citizens Center will require all individuals to provide and adhere to the following provisions prior to receiving a membership to the fitness center.

## Readiness Questionnaire (Par-Q)

Each individual must complete a Physical Activity Readiness Questionnaire, providing accurate accounting of their medical history.

When completing the questionnaire if it indicates that an individual has had a history of heart disease, has had cardiac surgery, or is above the age of 70 years, they will be required to provide the center with a **Physician's Clearance Form**.

Additionally, all individuals will be required to sign an **Assumption of Risk and Release Waiver**. This releases the Municipality of Monroeville, the Monroeville Senior Citizens Center, and its staff from any and all liability for injuries which may occur while participating, as well as hold harmless for any and all medical expenses, injuries, and/or claims that arise of their acts and/or omissions.

## Fitness Memberships:

A separate membership in addition to the regular center membership is required to use the Fitness Center. Please see the main office to receive your Fitness Center Membership Packet.

### RESIDENTS:

**65+ Years** **FREE**

### **50-64 Years**

(3) Three Month Membership **\$60**

(6) Six Month Membership **\$100**

(12) Twelve Month Membership **\$160**

### NON RESIDENTS: 50+ Years

(3) Three Month Membership **\$90**

(6) Six Month Membership **\$130**

(12) Twelve Month Membership **\$190**

### **SILVER SNEAKERS**

**SILVER&FIT MEMERS** **FREE**

## Fitness Programs:

It is recommended that all individuals consult with their primary care physician (PCP) prior to beginning any exercise program and/or using the fitness facility. Individuals must complete the Physical Activity Questionnaire, which may require you to get a medical release form from their physician.

## Orientations:

Individuals must attend an orientation prior to having access to the fitness center. Orientations are offered daily by appointment to introduce users to the equipment, including how to adjust each piece to fit you properly and correct exercise techniques. Upon completion of an orientation, you may utilize the fitness center during its hours of operations. Your orientation will be scheduled when you hand your forms into the main office.

## Fitness Attire:

We recommend you wear loose fit clothing that does not restrict your movement as you exercise. Athletic shoes must be worn. Wearing proper shoes ensures you have adequate sole cushion, good heel support to keep you safe.



"LIFESTYLES FOR ACTIVE ADULTS 50 YEARS AND OLDER"

## HOURS OF OPERATION:

**MONDAY - FRIDAY**

**8:30 AM - 4:00 PM**