

Benefits of Community Center Membership

Our goal is to make your experience at the Community Center special. We want you to get the maximum out of your membership and health enhancement opportunities. To help you, we provide the following:

Equipment Orientation – FREE

– One of our trained fitness staff members will work with you to make sure you understand each piece of equipment and know how to use it properly. Recommend setting an appointment for this service.

Sample Programs – FREE

– We offer four sample programs that you can consider in setting up your exercise program. You can choose from “beginner”, “intermediate” or “advanced” depending on your personal level of experience. And there is one program designed specifically for exercises on the “stability” ball. The Center provides a free, blank program card that you can use to design your own program.

Personal Training – \$45-60/hour range

– There are four certified trainers available to help you develop and implement a specific and individualized program. Try a free orientation session before making a commitment to a personal training program. For more information on Personal Training see the Personal Training brochure or call 860 429-3015 ext 202.

Fitness Evaluation – \$45 – We assess your current fitness level and make recommendations for areas of improvement. These are conducted by appointment only.

Other services available - We offer lap counters, notebooks with exercise/pictures for the medicine balls and stability balls, Target Heart Rate worksheets.

Membership Includes:

- Professional Staff
- Supervision
- Parking
- Community Rooms
- Fitness Center
- Aquatic Center – 6-lane 25-yard Pool & Therapy Pool
- Teen Center
- Gymnasium
- Walking/Jogging Track
- Selectorized Strength Equipment
- Cardiovascular Equipment
- Member Rewards Program
- Family Changing Rooms
- Member Feedback Program
- Daily Locker Usage
- Occasional Workshops, Seminars, Lectures, and Special Events
- Free Coffee (during designated times)
- Guest Passes
- Discounted Programs
- Priority Program Registration
- Teen Center (during designated times)
- Dance & aerobic studio (general use during designated times)

Available for an Additional Charge:

- Group Fitness Classes (land and water)
- Personal Trainers
- Specialized Programs
- Child Care
- Conference Room
- Birthday Party Packages
- Facility Rentals
- Swim Lessons (group or private)
- Fitness Assessments
- Adult, youth, pre-school programs



Mansfield Community Center

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• www.mansfieldct.org