

CLUB-55 Fitness Center

Looking to stay young at heart? Why not join the Bill & Toni Lee Wellness Center? You will not only feel better, but you will also add quality to your years!

Information About Membership:

- You must be a member of the Clinton Township Senior Adult Life Center
- You must have a current PHYSICIANS RELEASE OF LIABILITY form completed, signed by your
- doctor and your annual dues paid.
- You must successfully complete our senior orientation prior to using the room or equipment.
- Annual fee: \$65 per person

Membership/Physicians Release of Liability forms can be picked up at the front desk or with the link on the website.

We are now accepting Silver Sneakers, Renew Active & PeerFit Move Memberships for the Fitness Room, and Exercise Classes. Please contact the Sports and Fitness Office with any questions at 586-723-8076.

Rules & Guidelines

1. The Sports and Fitness Coordinator's office is located next to the Fitness Room, and you welcome to come in to ask questions any time. We also have volunteers that work in the office that will be happy to help you with any questions.
2. Everyone must sign the Sign-In Sheet on the counter when you arrive. Also please sign out when you leave. The volunteers in the office do keep track of those needing updated fitness forms.
3. The Fitness Room is open M-F 8:30-4pm. It is your decision how much time you spend in here, but the doors close at 4pm daily. The busiest time of the day is the early morning, usually 8:30-10:30am. Please do not avoid this

time just because it is busier. The morning crew likes to use everything, so not a lot of time is spent on any one machine. Afternoons are a bit more random but are quieter overall.

4. Please bring athletic shoes to wear while working out. Especially in the winter when there is a lot of salt on the sidewalks. We ask that you wear shoes that have not been worn outside regularly.
5. Please feel free to bring water into the Fitness Room. We do have a drinking fountain available in the room, as well as bottled water for sale for \$1.00 in the office if needed. All drinks need to have a locking lid. Food, Coffee, and pop are not permitted in the Fitness Room at any time.
6. We have locker rooms available for you to use in the Fitness room. Please bring your own lock and only use the lockers daily. The locker rooms also have a restroom and showers available. It is not safe for others working out to leave your personal items outside of the locker rooms so please be sure to store your things appropriately.
7. **We do expect everyone to clean the equipment after using it.** Cleaning wipes are available in the dispenser next to the women's locker room. Thank you for helping us keep our "CLUB" clean & safe for everyone!
8. We have equipment in the hallway for our Drop-In fitness classes to use, but you are welcome to use any of it in the Fitness Room at any time. Just please clean and return it to its original home when are finished using it.
9. We do have a personal trainer on staff. Rebecca Metry teaches a few classes as well as personally trains. Her phone number is 616-450-9838. Please contact Rebecca directly if you are interested in Personal Training sessions.