

Nelson Sports Complex Fitness Center

Fitness Center Membership Fees

Passes Sold at Nelson Sports Complex Ice Arena Office Only.

Adult Fees (18 +)

	Res/NR
Individual	\$135/\$165
Family (2 members)	\$225/\$255
Add'l Family member	\$65/\$75

High School (ID required)

Individual	\$70/\$80
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Senior (60 +)

Individual	\$100/\$130
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Super Senior (60 +)*

Individual	\$70/\$85
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*Restricted to Monday – Friday 10:00am-3:00pm only

6 Month Pass

Individual	\$100/\$120
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3 Month Pass

Individual	\$65/\$80
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- Junior High students may be included in a Family Membership and must be accompanied by a parent.
- After becoming a new member and prior to your first workout, you will be required to attend an orientation with Fitness Center Staff. Please make an appointment at the Fitness Center.

Fitness Center Hours

(Admittance by pass only)

Monday – Thursday 5:30am-9:00pm

Friday 5:30am-8:30pm

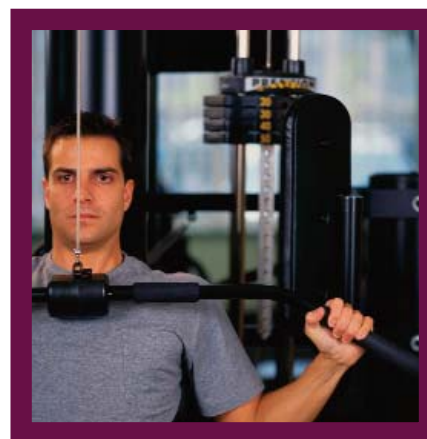
Saturday & Sunday 8:00am-1:00pm

*Supervised at all times

The Adventure Begins Here.



The Fitness Center offers a full compliment of Cybex variable resistance weight machines and a wide variety of cardiovascular equipment.



FITNESS BOOT CAMP AND
PERSONAL TRAINING AVAILABLE
847-894-5058
WWW.TRUEPERFORMANCE-
BOOTCAMP.COM
Located at
West Meadows Ice Arena

