

LOWRY FITNESS CENTER



DEPARTMENT OF RECREATION & TOURISM

CITY COMMISSION MEETING
SEPTEMBER 6, 2023

MEMBERSHIP RATES & FEES

Annual Membership	Resident	Non-Resident
Adult (ages 18-54)	\$125.00	\$200.00
Senior (ages 55+)	\$60.00	\$135.00
Youth (ages 6-17)	\$75.00	\$80.00

Annual Family Membership Includes: (2) adult memberships ages 18+ ages (2) youth memberships 17 under ages	Resident ONLY \$315.00
Each additional youth member	\$40.00

Daily Guest Pass	Fees
Guest (rates apply to all ages)	\$10.00

Additional	Fees
Annual Locker Rental (tall)	\$75.00
Annual Locker Rental (short)	\$50.00
Daily Lock Rental	\$ 0.25
Replacement Membership Badge	\$10.00

Hours of Operation

MONDAY-FRIDAY

6:00AM-9:00PM

SATURDAY

9:00AM-6:00PM

YOUTH HOURS

ALL MEMBERS AGES 17 AND UNDER MUST ADHERE TO THE FOLLOWING HOURS:

SCHOOL DISTRICT IN SESSION: MONDAY-FRIDAY-3:00PM-9:00PM

SCHOOL DISTRICT OUT-OF-SESSION: MONDAY-FRIDAY-11:00AM-9:00PM

SATURDAY-9:00AM-6:00PM

Stages SC 2.20 Indoor Cycle

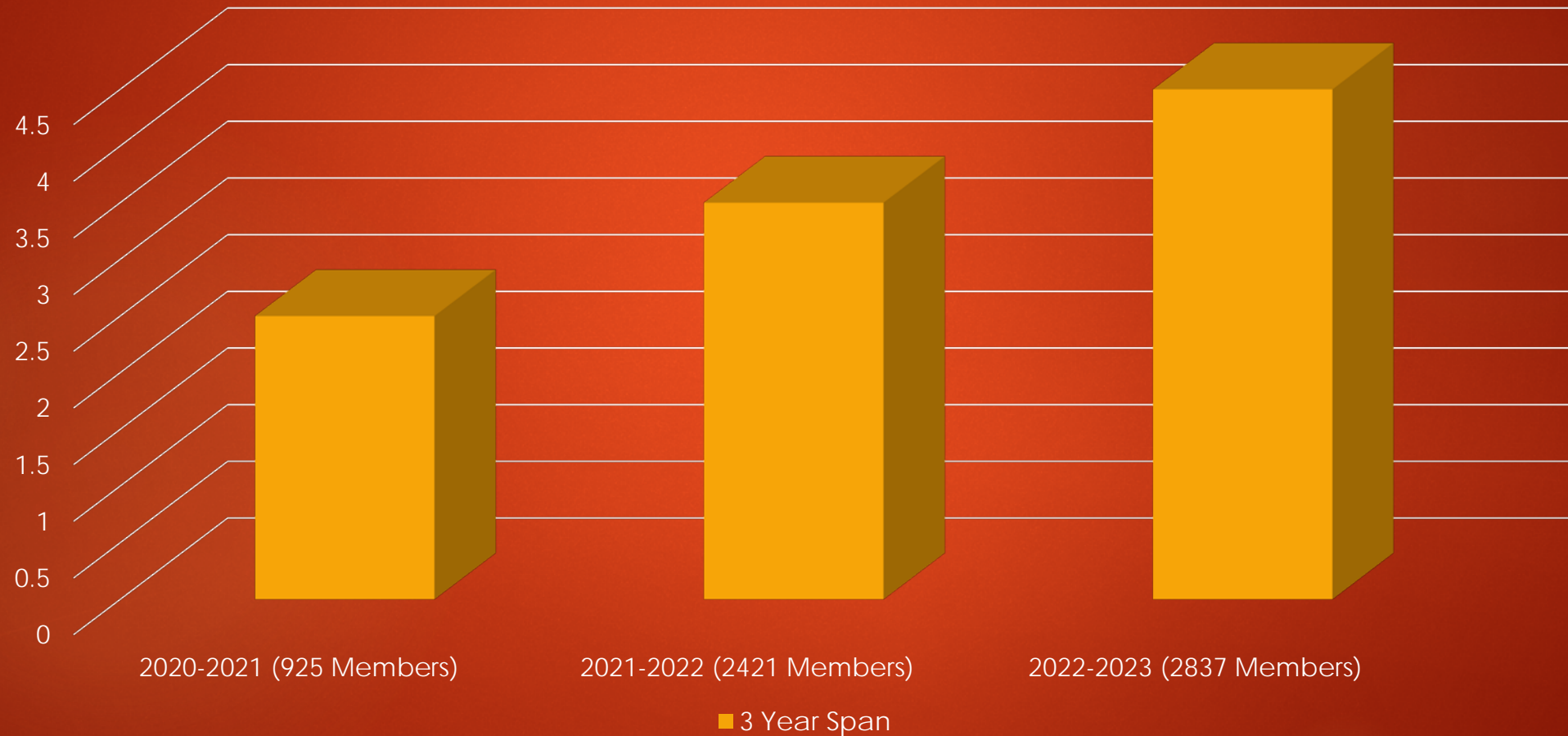


Precor SCL 835 Stair Climber



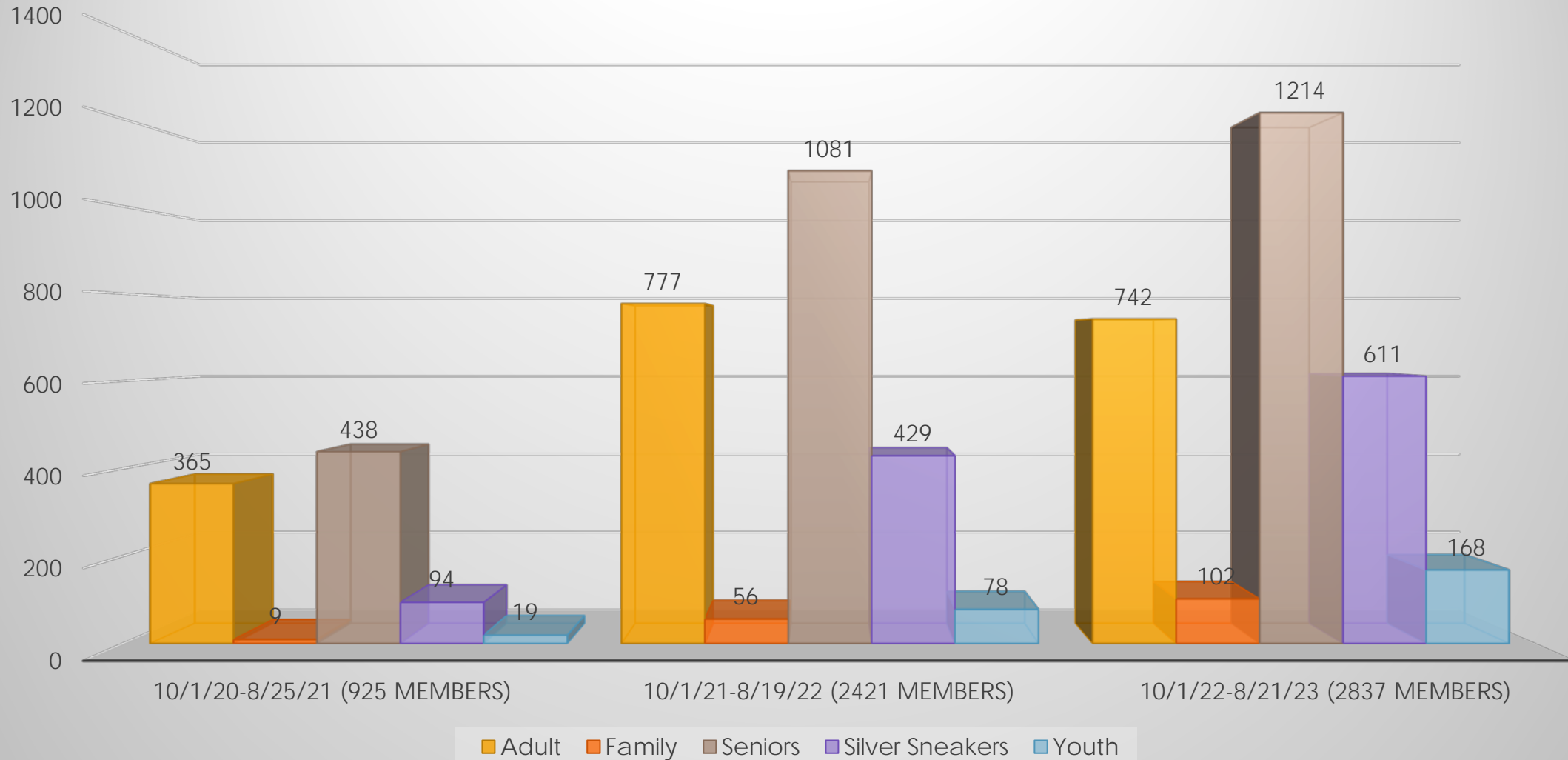
3 YEAR ACTIVE MEMBERSHIP PROFILE

3 Year Span



MEMBERSHIP BREAKDOWN

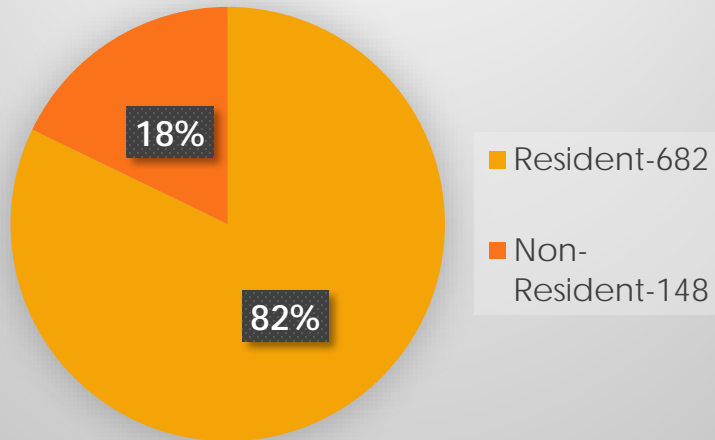
Active Members



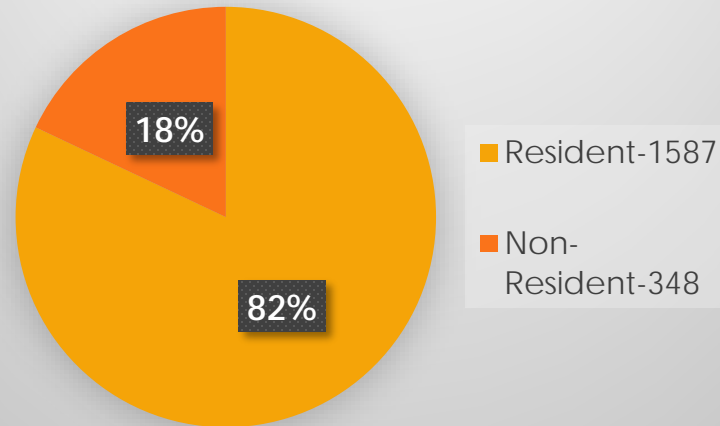
MEMBERSHIP PROFILE

Resident/Non-Resident Breakdown

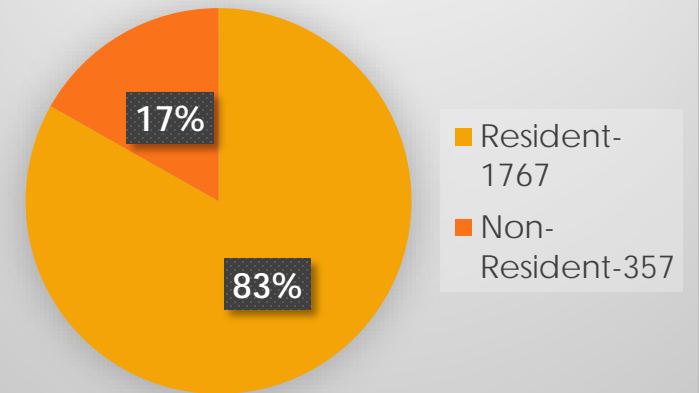
10/1/20 - 8/25/21



10/1/21 - 8/19/22



10/1/22 - 8/21/23



The Hire Up Program

Summer Intern: Chelsea Nguyen

Week 1 & 2:

- ▶ Front Desk Duties-Learn Civic Rec System
- ▶ Set up customers with a membership and or Day Pass
- ▶ Set up customers with lockers
- ▶ Learn how to do daily Cash Journal

Week 3 & 4:

- ▶ Weight & Cardio Room Duties-Learn Machines
- ▶ Learn how to set members up on a workout plan

Week 5 & 6:

- ▶ Learn about Fitness Classes
- ▶ Learn how to teach a Senior Fitness Class

Week 7 & 8:

- ▶ Learn about Purchasing Equipment
- ▶ Evaluate Equipment-Searching and ordering new equipment
- ▶ Learn about Athletics

Intern in Action!



Lowry Fitness Center Member of the Month

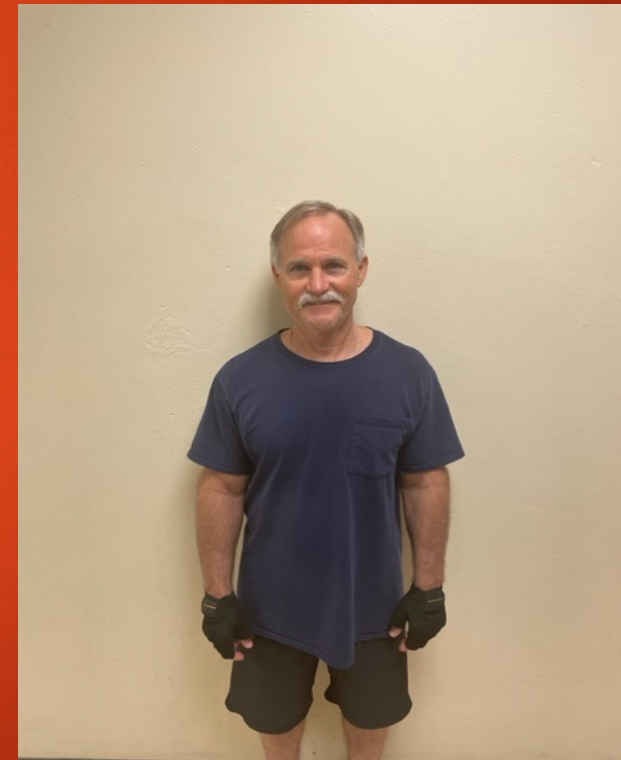
Jose Boix



Dolores Penrice



Mark Johnson





"The Body Achieves What The Mind Believes"

QUESTIONS??