

## EVERYTHING YOU NEED TO KNOW

ABOUT THE PCC FITNESS CENTER



### Fitness Center Membership info

#### Fitness Center Memberships

- Month - \$30
- Day Pass - \$7
- Individual Quarter: \$80
- Individual Annual: \$260 or \$21.67 monthly (must be set up on a reoccurring payment plan with a credit card on file)
- Individual Fitness Center & Unlimited Classes: \$75 monthly
- Partner Quarter: \$130
- Partner Annual: \$455 or \$37.92 monthly on auto payment (must be set up on a reoccurring payment plan with a credit card on file)
- Student (12-17) Quarter: \$50
- Student (12-17) Annual: \$120 or \$10.00 monthly on auto payment (must be set up on a reoccurring payment plan with a credit card on file)
- College Student 10 Visits: \$30 (valid for one year from purchase, must show ID)
- College Student 1 Month: \$20 (valid for one calendar month)
- Senior (62+) Quarter: \$50
- Senior (62+) Annual: \$180 or \$15.00 monthly on auto payment (must be set up on a reoccurring payment plan with a credit card on file)

\*\*Memberships must be purchased at the front desk

#### Hours of Operation

- Monday - Thursday 5:30 am - 10:00 pm
- Friday 5:30 am - 8:00 pm
- Saturday 6:00 am - 4:00 pm
- Sunday 8:00 am - 2:00 pm

#### Etiquette

- Each member must fob in at the fitness center *every* visit
- No music- headphones only
- Please take personal phone calls in the lobby area
- No street shoes or gym bags are allowed on the fitness center floor; please bring a change of shoes with you. benches are located in the vestibule, lobby and group fitness hallway.
- Please change shoes in the vestibule or lobby and store shoes & personal items using the lockers, cubbies and hooks in the group fitness & bathroom hallways.
- Please notify staff member if equipment needs attention

**Bill Krise, Director of Fitness & Recreation** [bill@phelpsc.org](mailto:bill@phelpsc.org) 315-548-8125

**Arielle DeVito, Wellness Coordinator** [arielle@phelpsc.org](mailto:arielle@phelpsc.org) 585-208-0337

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## FITNESS CENTER MEMBER PERKS



### Fitness Center Leader Boards

Each quarter we release a new fitness challenge!

There are 3 Leader Boards located throughout the fitness center in each of 3 zones:

1. Cardio
2. Strength
3. Functional Training

Complete the challenge every month to beat your last challenge stats; get your name on the leaderboard and get featured on our social media pages and newsletter when your numbers land you in the top 5 spots.

When you complete the challenges, you'll get an entry to win our quarterly giveaway!

### Fitness Center App

Download the Fliip app to manage your membership and purchase/book group fitness classes.

More perks in the app coming soon.



Android



iPhone

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# GROUP FITNESS

## EVERYTHING YOU NEED TO KNOW ABOUT GROUP FITNESS CLASSES



### Answers to FAQ's

- Group Fitness Class members do not need a Fitness Center membership to take classes. Group Fitness class packs are a separate cost to the Fitness Center membership.
- Group Fitness Pricing
  - 4 Pack \$25
  - 8 Pack \$40
  - Flex Pass \$65
    - One month unlimited classes
    - Can choose to set it up as a 6 month autopay contract. Contracts will auto-renew and need a 30 day cancellation notice. Cancellation requests need to be made by contacting Arielle DeVito.
  - Class Packs expire 30 days from the date of the first visit of each pack.
- Class packs are good for all group fitness classes.
- Silver & Fit & Silver Sneakers are accepted at this location; please see a front desk staff member to enroll.
- Class descriptions are located on the Be More Than Fit website [www.bemorethanfit.com](http://www.bemorethanfit.com) and on the Mi app.
- Class packs can be purchased at the Fitness Center or through the MindBody app
- Class reservations should be made through the MindBody app but can also be made at the front desk with a fitness center staff member
- Class pack expiration dates can be extended in the event that someone becomes ill or has a life circumstance that stops them from attending regularly.
- Please contact Arielle DeVito or your instructor for assistance with booking or billing issues
- We ask that you bring a personal exercise or yoga mat to any class that includes performing exercises on the floor.

#### **Arielle DeVito**

**[arielle@phelpsc.org](mailto:arielle@phelpsc.org) 585-208-0337**

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## HOW WE CAN HELP

OTHER GROUP FITNESS CLASSES,  
HEALTH & FITNESS COACHING AND  
PERSONAL TRAINING



### Group Class Types

- Indoor Cycling
- Cycle Fusion; blend of indoor cycling followed by resistance training
- Barre Fitness
- Circuit Strength
- Trainer's Choice
- Cardio Kickboxing
- Step & Tone
- Zumba
- Senior Cardio & Strength
- Kettlebell Strength & Conditioning
- Zumba Toning

Most updated schedule is printed on the front desk

### Health & Fitness Coaching

Fitness Training options include:

- One-on-one virtual & in-person personal training sessions
- Group Fitness Classes at PCC Fitness Center, Phelps, NY

Health & Fitness Coaching options include:

- Virtual or in-person one-on-one coaching sessions
- Custom nutrition plans
- Macronutrient calculations & food logging app walk-throughs
- Custom workout routines

Personal Training

- One-on-one private personal training sessions
- Online Coaching/Education programs
- **\*\*FREE CONSULTATION\*\*** schedule by calling Arielle DeVito at 585-208-0337

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