

## ID MEMBERSHIP CARDS

An Identification membership card must be presented upon each visit.

Members purchasing a 1-year membership will receive an ID membership card for \$5.00. Replacement membership cards can be purchased for \$10.

Photos for the ID membership cards will be taken at the time you sign up for the Wellness Center.

### Contact Information

Melissa Hunter  
and Joanne Milligan

[http://www.centralvalleysd.org/  
WellnessCenter.aspx](http://www.centralvalleysd.org/WellnessCenter.aspx)

Phone number: 724-371-0718

## HOURS OF OPERATION

Times are subject to change.

### School Hours

Monday –Thursday 3 pm- 8 pm

Friday 3 pm – 7 pm

Saturday 8 am- 2 pm

### Summer Hours

Monday-Thursday 3 pm-8 pm

### Membership Fees

## Central Valley School District Residents

(Proof of residency required)

Adult 1 year membership.....\$90.00

Student 1 year membership.....\$50.00

Individual plus one member.....\$160.00

Family membership .....\$190.00

### Central Valley School Employee

(May be payroll deducted)

1 year membership.....\$70.00

College Students.....\$25.00  
per three months with proper student  
ID.

## Central Valley SENIOR CITIZENS (65+)

Donations accepted



Walter R. & Lois A. Sylvester

## Wellness Center



## Wellness Center

Central Valley High School

160 Baker Road Ext., Monaca, PA 15061

[www.centralvalleysd.org](http://www.centralvalleysd.org)

# NOW OPEN!

Central Valley High School

160 Baker Road Extension

Monaca PA, 15061

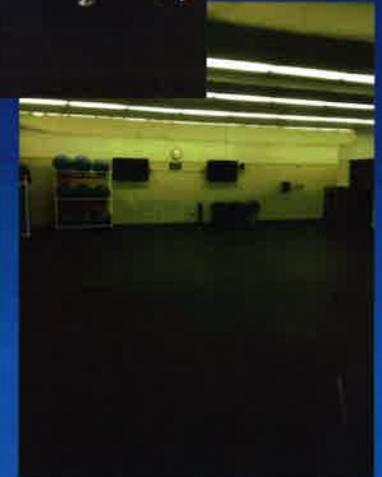
# Membership Information

Members may request an orientation upon joining the wellness facility. Members will have the option to review all equipment with a trained wellness center employee.

All adult members must sign a Liability Release Form and obtain an ID membership card when they join. ID membership cards must be presented upon each visit.

Students using the facility must at least be in 9<sup>th</sup> grade.

All members must wear appropriate athletic dress. Shirts and shoes must be worn at all times.



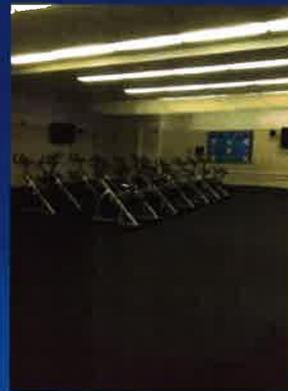
## Classes Offered

Indoor cycle

Cardio Kick

Cardio Blast

Pilates



### Equipment Available

Treadmills

Ellipticals

Stationary Bike

Indoor Cycle Bikes

Free Weights

Kettle Bells

Magnum Cable Weight  
Machines

Personal Trainers available upon request.

Times & fees will be  
available at front desk.