

City of Eureka Parks & Recreation

Adorni Fitness Center



Membership & Facility Guide

*Workout on the
Waterfront!*

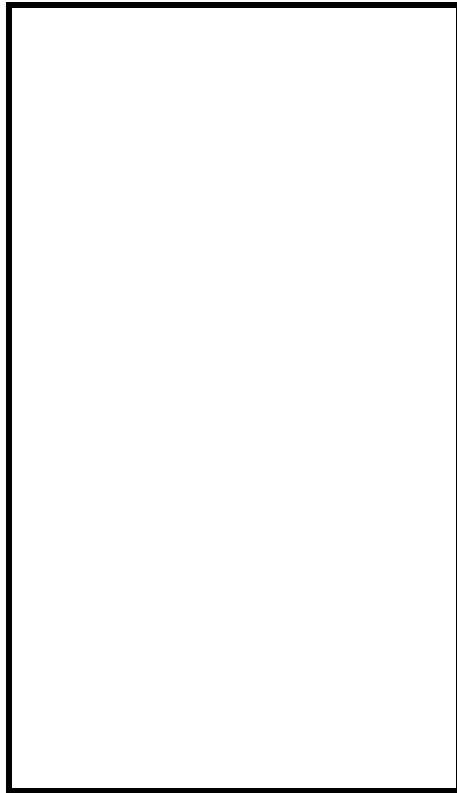
1011 Waterfront Drive, Eureka, CA

Call 707-441-4248

Or visit EurekaParksandRecreation.com



City of Eureka Parks & Recreation
Adorni Recreation Center
1011 Waterfront Drive
Eureka, CA 95501





The Adorni Recreation Center

The Adorni Memorial Recreation Center was made possible by a generous bequest from the late Harry J. Adorni to the City of Eureka. Developed and operated by the City, this multi-use public recreation center commemorates Harry Adorni's deep affection for his beloved **"North of Fourth"** neighborhood.

The Adorni Center functions as the Parks & Recreation's main office and also operates as a fitness center to promote the health and wellness for the greater Eureka area.

Facility Hours

Monday – Friday	6:00am – 9:00pm
Saturday	9:00am – 9:00pm
Sunday	9:00am – 4:00pm

Wi-fi Use

The Adorni Fitness Center offers **FREE** wireless internet to all participants. To access the signal, simply inquire with any of our friendly staff at the front desk for the password.

Age Guidelines for Cardio & Weight Equipment Use, and Exercise Classes:

Non members must be at least **15** years old to enter the Weight and Cardio Rooms and **8** years or older to participate in fitness classes when accompanied by an adult.

Member Use:

10-13 years old:

- May use **cardio** equipment while parent/guardian is present
- Must meet with a personal trainer for cardio equipment orientation prior to first use
- May attend **fitness classes** while parent/guardian is present

13 & up:

- May use **cardio** equipment **without** parent/guardian present
- Must meet with a personal trainer for cardio equipment orientation prior to first use
- May attend **fitness classes** alone

13-14 years:

- May use **weight equipment** while parent/guardian is present
- Must meet with a personal trainer for weight room orientation prior to first use

15 & up

- May use **weight equipment** alone

18 & up

- May use **Inversion Table** located in the stretch area

Youth not participating in Adorni Fitness Center activities must be supervised by an adult. Youth are not allowed in any workout areas unless they fall within the appropriate age guidelines.

Corporate Memberships

The Adorni Fitness Center offers special reduced pricing for businesses signing up with qualifying number of employees.

Membership Fees:

	First Month* (Resident)	Monthly (Resident)	First Month* (Non-Resident)	Monthly (Non-Resident)
Adult	\$50.00	\$25.00	\$55.00	\$30.00
Senior	\$25.00	\$20.00	\$30.00	\$25.00
Family	\$90.00	\$45.00	\$95.00	\$50.00

*First month includes initiation fee.

Recurring Billing

The Adorni Fitness Center is excited to offer automated billing for all membership types at no added charge. Below is some important information for members interested in the recurring billing option.

- To set-up recurring payments for your membership, make your first or next payment using your debit or credit card & inform staff that you are interested in recurring billing.
- Payments are withdrawn on the 1st of each month & will be done automatically until it has been requested they stop.
- If your card is declined your membership will be suspended until payment is received. You will need to re-establish your recurring payments once your payment has been made.
- Credit card information will not be shared with any outside organization or agency and no one will have access to your card information outside of your initial payment.

TYPES OF MEMBERSHIPS

Youth: ages 17 & under

Adult: ages 18 to 61

Senior: ages 62 & over

Family: Adult couple & legal dependents 21 & under in the same household.

Membership Fees:

	First Month* (Resident)	Monthly (Resident)	First Month* (Non-Resident)	Monthly (Non-Resident)
Youth	\$25.00	\$15.00	\$30.00	\$20.00
Adult	\$70.00	\$35.00	\$75.00	\$40.00
Senior	\$30.00	\$22.00	\$35.00	\$27.00
Family	\$92.00	\$50.00	\$105.00	\$55.00

Disability Discounts (20% Reduction)**:

	First Month* (Resident)	Monthly (Resident)	First Month* (Non-Resident)	Monthly (Non-Resident)
Youth	\$20.00	\$12.00	\$24.00	\$16.00
Adult	\$56.00	\$28.00	\$60.00	\$32.00
Senior	\$24.00	\$17.60	\$28.00	\$21.60

*First month includes initiation fee.

**Disability discounts are limited to individuals only and cannot be applied to family memberships. Inquire at the front counter for eligibility information.

Try it before you Join!

Daily Drop-in Rates:

Adults: \$7.00 Seniors: \$4.00 Youth: \$2.50

Week Passes

Adults: \$16.00 Seniors: \$10.00 Youth: \$7.50

ADVANTAGES OF MEMBERSHIPS

Membership at the Adorni Recreation Center includes many services reserved exclusively for our members.

Fitness Classes

Classes accommodating all fitness levels offered 6 days a week.

Cardio & Weight rooms

The cardio and weight rooms include the following cardiovascular and strength training equipment:

Cybex circuit Training Machines, Stair Climbers, Cybex Treadmills, Precor Elliptical Trainers, Lifecycles, Rowing Machine, Spin Cycle, Upright and Recumbent bikes, Dumbbells, Kettlebells, Free weights, Stability balls and more.

Stretch Area

A stretch area is provided that includes an Inversion Table, stretching mats, medicine balls, and foam rollers.

Basketball/Volleyball/Pickleball Gymnasium

The gym offers many open-gym activities with convenient scheduling to fit almost any schedule.

Personal Trainer Consultations

A.C.E. Certified Personal Trainers are available by appointment exclusively for members. Personal Trainers can tailor an exercise program to meet your health, fitness and sports needs.



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ADVANTAGES OF MEMBERSHIPS

Continued...

Private locker rooms

Along with shower facilities and day-use lockers, personal lockers are available for a monthly fee.

Conference Room Use

Members of the Adorni Fitness Center are provided with 2 hours of Conference Room use per calendar year. Plan your next meeting, baby shower, or game party with space for up to 32 participants.

Inquire at the front counter for more information.

Premier Classes

Select Adorni Center classes have added costs associated with them because of their high level of success and popularity. Below are examples of Premier Classes.

Strong & Limber

All fitness levels will benefit in this class which combines aspects of "Sweat & Strength", "Core Bonus", and "Yoga for Stiff People" in a 50 minute class.

Yoga for Stiff People

A gentle class for people to regain strength, balance and flexibility at their own pace.

Meditative Yoga

Relax and unwind from your day with a light meditative yoga class for all levels. A guided meditation is provided to warm to up as well as fused into the gentle poses subsiding into a comforting visualization as you let go of your day.

Classes may vary—Check current schedule for up to date listings.