



Fitness Room Memberships



Main Office: 203-925-8422

Cancellation/Closure Line: 203-331-4120

www.sheltonparksandrec.recdesk.com

YEARLY FITNESS MEMBERSHIP	
Resident	\$110.00
Resident Senior	\$95.00
Resident Disabled	\$80.00
Nonresident	\$175.00
Nonresident Senior	\$160.00
Nonresident Disabled	\$160.00
Full-time Shelton Worker	\$130.00


3-MONTH FITNESS MEMBERSHIP	
Resident	\$45.00
Resident Senior	\$40.00
Resident Disabled	\$35.00
Nonresident	\$60.00
Nonresident Senior	\$50.00
Nonresident Disabled	\$50.00
Full-time Shelton Worker	\$50.00

Hours	
Mon-Fri	6:30am-9:00pm
Saturday	7:30am-3:30pm
Sunday	Day Off <input type="checkbox"/>

Veteran and Military Discounts

- Veterans – \$5.00 off of 3-Month Memberships & \$10.00 off of Yearly Memberships.
- Active Military Residents- \$5.00 off of 3-Month Memberships & \$10.00 off of Yearly Memberships.
- Active Military Nonresidents- will receive all of the Resident rates.

There is no attendant on duty for this facility, exercise at your own risk. Machine instruction is available. This facility is for members only, ages 16+. Those 16 and 17 must have parental permission. Members must scan in and out each visit.

Lockers are available for daily use only, not overnight. Please bring your lock 

WEIGHT EQUIPMENT

Arm Machines

- Bicep Curl
- Triceps Extension
- Seated Shoulder Press

Leg Machines

- Seated Leg Curl
- Seat Leg Extension
- Seated Leg Press
- Glute Press
- Seated Thigh Machine

Back/Abdominal Machines

- Lateral Raise
- Lateral Pullover
- Back Extension
- Seated Abdominal
- Manual Ab Roller

Free Weights

- Incline/Decline/Flat Bench (no press)
- Dumbbells 2.5 – 75 lbs.
- Medicine Balls 4 – 12 lbs.

CARDIO EQUIPMENT

- 4 Elliptical Machines
- 4 Exercise Bikes
- 2 Rowing Machines
- 6 Treadmills
- 1 Stair Climber
- 1 Cross Trainer

Cable Motion Dual Adjustable Pulley Machine with Pull-up Bar

– Capable of hundreds of exercises