



LINCOLN Y.C. WEIGHTROOM

FACILITY HOURS

Opening Oct 24th

Monday -Friday (Regular Membership) 8:00am-8:00pm

Monday -Friday (Membership Plus) 8:00am-8:00pm

Saturday- (Regular Membership/Membership Plus) 8:00am-1:00pm



One Time Registration Fee of \$20 will be included!

MEMBERSHIP	MONTHLY FEE	DAYS / HOURS
Regular Membership	\$20	Monday-Friday 8:00am-8:00pm Saturday 8:00am-1:00pm *Only weightlifting/ Cardio & AB Room
Membership Plus	\$25	Monday-Friday 8:00sm-8:00pm Saturday 8:00am-1:00pm *Only weightlifting/Cardio & AB Room/ Boxing Room (Boxing Room only open until 4pm daily)
Senior Membership (55+)	\$10	Monday-Friday 8:00sm-8:00pm Saturday 8:00am-1:00pm *Only weightlifting/ Cardio/AB Room
Senior Membership Plus (55+)	\$15	Monday-Friday 8:00sm-8:00pm Saturday 8:00am-1:00pm *Only weightlifting/ Cardio/AB Room/ Boxing Room (Boxing Room only open until 4pm daily)

Participants must be paid and registered before attending activities. Children must be supervised by a parent or guardian. Members must abide by facility rules. Private trainers or lessons are prohibited. If determined that paid or unpaid personal training is being conducted, the involved parties will be subject to immediate removal from the facility. Persons with disabilities are welcome to participate in our programs. Reasonable accommodations will be made with prior arrangement. Achieving gender equity through a continuous commitment to girls and women in sports. No one under 14 years of age is allowed to sign up.