



## Fitness Center

### **Fitness Center Access**

Included with Recreation Center Membership

Youth ages 12 and up may use the Fitness Center with an adult

Youth ages 15 and up may use the Fitness Center unaccompanied.

### **Fitness Center Orientation**

Fitness Center Orientation Contact the Recreation Center to set up an appointment.  
727-391-8345

FREE

Ages 15 and older

Monthly

1<sup>st</sup> Mondays

5:00 pm-6:00 pm

3<sup>rd</sup> Wednesdays

1:00 pm-2:00 pm

### **Fitness Center Maintenance**

2<sup>nd</sup> and 4<sup>th</sup> Tuesday of each month the Fitness Center will be closed from 9:00am-12:00 pm for routine maintenance


### **Personal Training**

Contact (727) 391-8345 to schedule a one-on-one appointment with one of our certified trainers

Sessions: 40 minutes each

\$32.00 per session for Members

\$48.00 per session for Non-Members

City of Seminole | 9100 113th Street, Seminole, FL 33772 Call Us: 727-391-8345 (tel: 17273918345)   
(<https://www.willyweather.com/11/pinellas-county/seminole.html>)  
(<https://www.facebook.com/getseminole/>)