

Disclaimer:

We are an independent (on your own) work-out facility owned by the City of Church Hill. A staff member will be present during operating hours. Staff will not instruct, train or provide exercise work-out routines. If requested, staff will demonstrate the proper use of equipment and the beneficial gains obtained from its utilization. The decision to utilize various pieces of the Church Hill Fitness Center equipment is voluntary and will be determined solely by the patron.



"Donnie Webb has lowered his blood sugar and blood pressure by working out"



"Trina Robinson has lost over 100 pounds and is still walking"

Overweight and obesity are known risks for:

- *Diabetes*
- *Coronary Heart Disease*
- *High Cholesterol*
- *Stroke*
- *Hypertension*

Regular Exercise can:

- *Improve your health*
- *Combat chronic diseases*
- *Promote better sleep*
- *Helps manage weight control*

Church Hill Fitness Center



For more information
please call the
Church Hill Fitness
Center Staff
(*Bert, Bill or Melissa*)
423-357-1654 or drop by
412-A E. Main Blvd.
Church Hill, TN
CHFITNESSCENTER@Yahoo.com

Hours of Operation
Monday-Friday 6:00 a.m.—9:00 p.m.
Saturday 9:00 a.m.—9:00 p.m.
Sunday Closed

Church Hill Fitness Center Welcomes You!



"Leah Housewright burns up the elliptical"



"Karen Draine instructs her daughter Christian on the inner/outer thigh machine"

Church Hill Fitness Center Rules and Regulations

- No tobacco products.
- Each fitness center member must maintain a current membership.
- Members must register at the front desk upon entry to the fitness center.
- Proper attire is required, including shirts and athletic shoes. No open toe shoes, jeans or denim.
- Members agree to put away all weights and other fitness equipment after use.
- Food or beverages may not be consumed in or brought into the fitness center, with the exception of water/beverages in a plastic bottle with lid.
- We expect all members to be respectful and considerate of others. Do not engage in horse play, arguing or use of loud offensive language.
- Towels are permitted in the weight room. All other personal items, including gym bags must be kept in lockers.
- Locks for the lockers are to be furnished by the member. All contents of the locker must be removed by the close of business each day. All locks or items left over night will be removed by fitness center management.
- Members and guests are fully responsible for personal items lost, stolen or damaged at the fitness center. This includes automobiles and the contents thereof.
- Children 13 and under are not permitted in the fitness center.
- Young adults, between the ages of 14-15, must have a parent or legal guardian accompany them at all times.

COST OF MEMBERSHIP

City Residents (*Inside City Limits*)

\$20.00 per month

(Tax Included)

Non-City Residents

(Outside City Limits)

\$35.00 per month

(Tax Included)

Day Pass - \$5.00

(Tax Included)

No Contract

No Deposit



"Fanta & Brandon Henderson show off their guns"