



Summer's Coming!
 Start your Spring workout now on *The Track* at TDRPD.
 Our friendly, helpful staff will make your workout fun!

Hours (Subject to Change)

MON-FRI	6am-8pm
SAT	8am-6pm
SUN	8am-5pm

DAILY FEES

	*Resident	Non-Resident
Adult drop in (*14+)	\$4	\$5
Age 10-13 (track only)	\$2	\$4
Seniors (62+)	\$2	\$4

**(ages 10-15 must be accompanied by an adult).*

MONTHLY MEMBERSHIPS

	*Resident	Non-Resident
Monthly: Adult (14+)	\$25	\$35
Senior (62+)	\$20	\$35
Age 10-13(track only)	\$20	\$35

**In order to receive the Resident rate, please provide a current legal document with your physical address at each drop in, or for your monthly membership.*

Please provide at least one of the following:

- ... Driver's License with physical address (no PO Box)
- ... Current utility bill with service address
- ... Any current legal document with physical address

The cardio fitness equipment includes:

- ... 3 treadmills
- ... 2 elliptical trainers
- ... 2 upright cycles
- ... 1recumbent cycle
- ... 1 upper body ergometer

Strength equipment includes:

- ... Independent Chest Press
- ... Pec Fly/Rear Deltoid
- ... Lat Pull Down
- ... Abdominal Crunch
- ... Biceps Curl
- ... Triceps Extension
- ... Horizontal Leg Press
- ... Assisted Chin and Dip Machine
- ... Independent Shoulder Press
- ... Leg extension/Leg Curl Machine
- ... Two Flexibility Machines
- ... Full set of Dumbbells
- ... Stretching Area with Stability Ball, Mat, and Medicine Balls



AGE Requirements:

- Must be 10+** to use the Running Track (ages 10-15 must be accompanied by an adult).
- Must be 14+** to use Fitness Equipment (ages 14-15 must be accompanied by an adult).
- Ages 16+** can use Track & Fitness Equipment unsupervised with a waiver on file signed by a parent or guardian.

What's Your Goal? -Free!

Ask the fitness staff for a progress log and get there sooner! Want to shed a few pounds, build strength, or improve endurance for that 10K race? We can help. All staff provide instruction on equipment and can even recommend workout routines to help you reach your goals. (Workout logs and staff assistance are free of charge, and only subject to availability of staff members)



Track Phone: 550-4458
 Email: fitness@tdrpd.org



Ask us about Personal Training!

Track Phone: 550-4458