

# Royall Fitness Center

## Community Hours of Operation

### Morning Hours

Monday-Friday 5:00 AM - 7:00AM

### Facility Equipment

Lockers- A limited number of lockers are available to members.

They are located outside of the PE girls locker room. Members are responsible for providing their own lock and removing the lock and belongings after use.

Access to 15 pieces of cardio equipment (treadmills, elliptical machines, and stationary backs)

Access to Life Fitness and Hammer Strength weight equipment (free weights and stationary machines)

### Fitness Center Orientation

All members are required to go through a fitness center orientation prior to use.

### Membership Fees

#### Yearly Rates

Individual	\$150.00
Dual	\$200.00
RSD Employee	Free
College Student	\$30.00

#### Monthly Rates

Individual	\$15.00
Dual	\$20.00

**\*\*Daily Pass is \$3.00**



## USER INFORMATION & GUIDELINES

The Royall School District and Community is fortunate to have Royall's state-of-the-art fitness facility as a resource to promote health, fitness, and recreation activities for both youth and adults. Appropriate use, care, and observance of safety will ensure our community may continue to enjoy these facilities for years to come. The Royall School District, and its staff representatives, shall expect that each user of these facilities will do so with these goals in mind, and in accordance the practices outlined in this guide.

### ***Dress Code***

Required for male and female members:

- ◆ Rubber-soled shoes. (no sandals or open-toes shoes).
- ◆ T-shirt or tank top at all times.
- ◆ No exposed buckles, snaps or zippers on workout clothing.

The Royall Fitness Center may not be used without a trained supervisor. Profane or indecent language is inappropriate. People with medical conditions should consult a physician prior to participating in an exercise regimen.



### **Indoor Cycling**

This class is an amazing cardio challenge made of up of varying speeds and resistance levels, hill climbs, flat runs, and more.

Tuesdays & Thursdays 6:30 PM

Saturday mornings 7:00 AM

Join our Facebook page "Royall Fitness" for updates.

Spin Class is \$3 a class or buy 10 classes and get two free!