



Fitness Programs

Mondays

- 8AM - 9AM WALKING FOR WELLNESS, INDOOR RECREATION COURTS, FREE!
- 9AM - 10AM STRENGTH & CONDITIONING W/ ELLIE, FITNESS CENTER, \$10/ CLASS

Tuesdays

- 8AM - 9AM WALKING FOR WELLNESS, INDOOR RECREATION COURTS, FREE!

Wednesdays

- 8AM - 9AM WALKING FOR WELLNESS, INDOOR RECREATION COURTS, FREE!
- 9AM - 10AM STRENGTH & CONDITIONING W/ ELLIE, FITNESS CENTER, \$10/ CLASS
- 10:30AM-11:30AM CHAIR YOGA , AEROBICS ROOM \$5 PER PERSON



Thursdays

- 8AM - 9AM WALKING FOR WELLNESS, INDOOR RECREATION COURTS, FREE!
- 5PM - 6PM ZUMBA, \$10/ PERSON, INDOOR SPORTS COMPLEX, RESERVATIONS REQUIRED

Fridays

- 8AM - 9AM WALKING FOR WELLNESS, INDOOR RECREATION COURTS, FREE!
- 9AM - 10AM STRENGTH & CONDITIONING W/ ELLIE, FITNESS CENTER, \$10/ CLASS

Saturdays

Sundays

- YOGA AT ROAMINGWOOD PARK, 10:30AM \$10 PER PERSON (CASH ONLY)



The Hideout Fitness Center

UPDATED 7.15.25



HIDEOUT FITNESS

2025



Features

Free Weights & Plates, Leg Extention/Leg Curl, Leg Press Machine, Biceps/Triceps, Inner/Outer Thigh Machine, Lat Pull-down/Seated Row, Chin Dip/ Pull Up Station, Upper Arm, Ab/Back Machine, 3 Ellipticals, 1 Seated Eliptical, Multi Press, 1 Upright Bike, Pec Delt/Rear Delt, Preacher Curl 2 Recumbent Bikes, Vertical Row, Smith Machine, Stair Master, Stair Stepper, Rower, 4 Treadmills, Cross Trainer Lockers, Showers, Steam Shower, & Sauna also available.



The Fitness Center

570-698-4100, Ext. 165

Hours

Monday - Friday
7:00 a.m. - 7:00 p.m.

Saturday
7:00 a.m. - 4:00 p.m.

Sunday
7:00 a.m. - 3:00 p.m.



Fees	Adult Members	Student Members (14-26)	Adult Guest	Student Guest
Daily	\$5.00	\$4.00	\$8.00	\$6.00
Weekly	\$20.00	\$15.00	\$40.00	\$30.00
Monthly	\$50.00	\$35.00	\$70.00	\$55.00
6-Month	\$100.00	\$90.00	\$165.00	N/A
Yearly	\$160.00	\$120.00	\$230.00	\$205.00
10 Use Pass	\$45.00	\$36.00	\$72.00	\$55.00

You must be 14 years of age to enter The Fitness Center. Students ages 14 & 15 MUST be accompanied by a Parent/Guardian while using The Fitness Center. Students ages 14-26 qualify for student rate. All students MUST show proof of age - School Photo ID and copy of Birth Certificate or Driver's License with your Amenity Badge. Anyone under 18 years of age, needs a Parent/Guardian to sign the contract. Alterations to contracts will be subject to

Administrative fees. **FITNESS PROGRAMS LISTED ON THE BACK**

