

**JOIN
IN**



**GET
FIT**



Join the Senior Center
Fitness Center for
just **\$50** a year!

FITNESS CENTER
CERRITOS SENIOR CENTER
at Pat Nixon Park



Fitness is the new Fifty.

Cerritos residents age 50
or over can join the Cerritos
Senior Center Fitness Center
today for just **\$50** and access:

**CARDIOVASCULAR
MACHINES**



**FREE WEIGHT AND
STRETCHING AREA**



**STRENGTH TRAINING
EQUIPMENT**



**AMENITIES
AND HOURS**

**JOIN IN, GET FIT
TODAY**



CARDIOVASCULAR MACHINES



CARDIOVASCULAR MACHINES



3 Elliptical
Machines



4 Recumbent
Bikes

CARDIOVASCULAR MACHINES



4 Upright
Bikes



7 Treadmills

CARDIOVASCULAR MACHINES



3 Stair
Steppers



FREE WEIGHT AND STRETCHING AREA



FREE WEIGHT AND STRETCHING AREA



**Free
Weights**



Stretching Area



**Weighted
Exercise Bars**



FREE WEIGHT AND STRETCHING AREA



**Weighted
Exercise Balls**



**Stability
Balls**



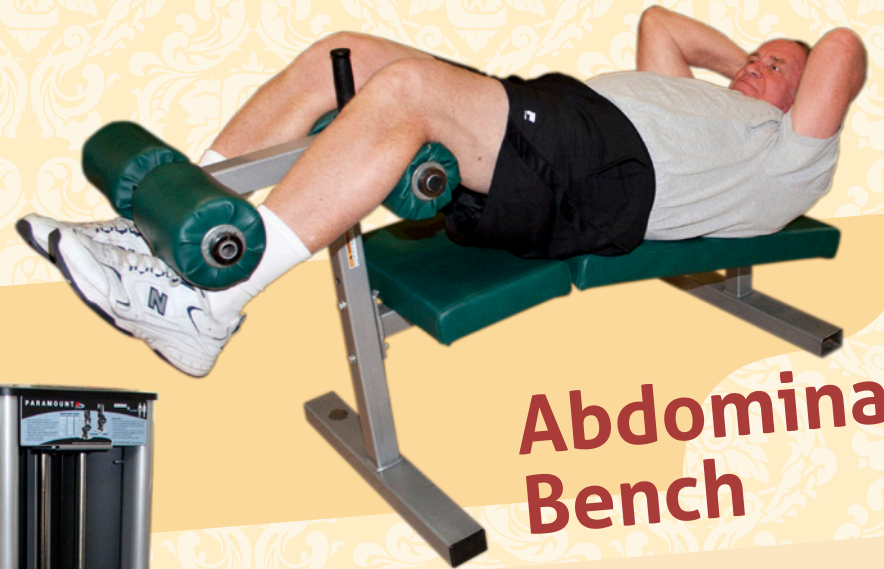
STRENGTH TRAINING EQUIPMENT



STRENGTH TRAINING EQUIPMENT



Abdominal Crunch



Abdominal Bench



Abdominal and Back

STRENGTH TRAINING EQUIPMENT



Lower Back



Seated Row

STRENGTH TRAINING EQUIPMENT



Shoulder Press



Bicep Curl

STRENGTH TRAINING EQUIPMENT



Rowing



**Arm
Ergometer**

STRENGTH TRAINING EQUIPMENT



**Leg
Extension**



**Seated
Leg Curl**

STRENGTH TRAINING EQUIPMENT



Leg Press



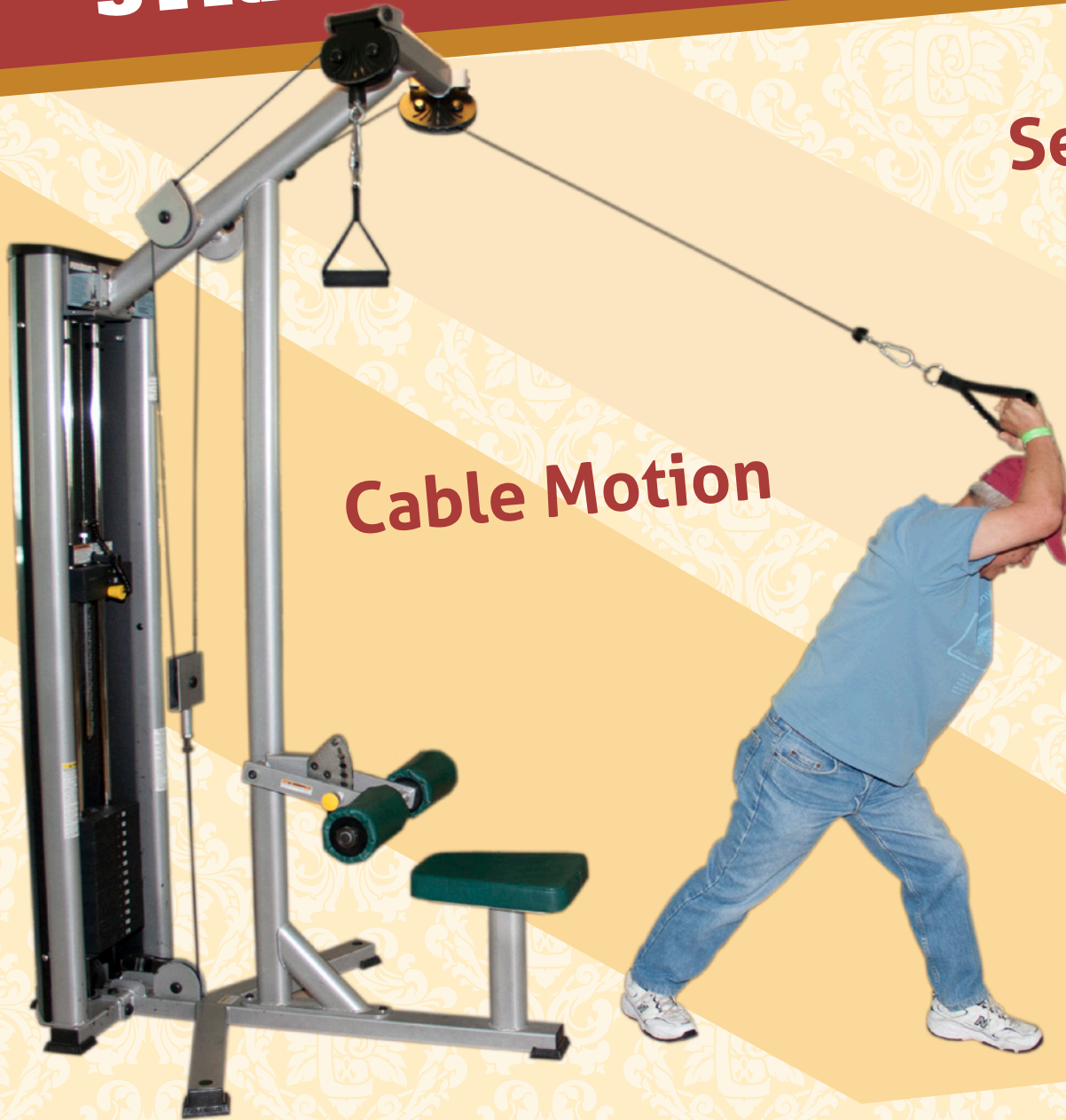
Multi Hip

STRENGTH TRAINING EQUIPMENT

Seated Chest Press



Cable Motion



AMENITIES AND HOURS



AMENITIES AND HOURS

The clean and spacious locker rooms at the Senior Center Fitness Center have restroom facilities and lockers.



Membership also includes access to the Cerritos Olympic Swim Fitness Center and Liberty Park Fitness Center.

AMENITIES AND HOURS

Hours

for Senior Center Fitness Center members

Mon.–Thu.

7:30 a.m.–9 p.m.

Fri.

7:30 a.m.–4:30 p.m.

Access to more gyms

Membership is also valid at the
Cerritos Olympic Swim Fitness Center
and Liberty Park Fitness Center:

Swim Center
Fitness Center

Mon.–Fri.
5:30 a.m.–9 p.m.

Sat.–Sun.
7 a.m.–5 p.m.

Liberty Park
Fitness Center

Mon.–Fri.
10 a.m.–9:30 p.m.

Sat.–Sun.
10 a.m.–6 p.m.

AMENITIES AND HOURS

Extended Summer Hours **for Senior Center Fitness Center members**

Seniors dedicated to wellness can enjoy more time in the summer working out!

While ABC Adult Education Personalized Workout classes take a summer hiatus, the Fitness Center is open from Monday through Thursday from 7:30 a.m. to 9 p.m. and Fridays from 7:30 a.m. to 4:30 p.m. to Cerritos residents with a valid membership. Bring your towel, water and music to work out at your convenience!

Mon.–Thu.
7:30 a.m.–9 p.m.

Fri.
7:30 a.m.–4:30 p.m.

JOIN IN, GET FIT TODAY



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How to qualify

for Senior Center Fitness Center membership

1 **Be a Cerritos resident and age 50 or over.**

Must provide proper proof of residency and age

2 **Submit a completed waiver.**

Waiver provided at the Reception Desk

3 **Pay a yearly membership fee of \$50.**

Fee can be waived for seniors proving a need or hardship based on federal guidelines

4 **Attend a fitness orientation.**

Mon. 7:30 p.m. or Fri. 10 a.m.
at the Senior Center

JOIN IN, GET FIT TODAY

**Get fit
for Fifty.**

\$50 **yearly
membership**

**Call (562) 916-8550 or visit the Cerritos Senior Center
at Pat Nixon Park to get your membership today.**



FITNESS CENTER
CERRITOS SENIOR CENTER
at Pat Nixon Park
12340 South Street, Cerritos CA