

TURTLE LAKE FITNESS CENTER



WORKING TO IMPROVE THE
LIFELONG FITNESS AND
HEALTH OF ALL STUDENTS:
ATHLETES, NON-ATHLETES,
MALES, AND FEMALES.



TURTLE LAKE FITNESS CENTER

- Lockers are available for your use while you are using the facilities. Please bring your own lock to secure your items.
- The Fitness Staff is trained and willing to help you with any questions you may have with any of the equipment available for your use.
- All members will go through orientation before using the fitness center.

Questions?

Please ask our staff or call
Jolene Nitchey-Keppen (Director)

Phone | 715.986.4470
jnitchey-keppen@turtlelake.k12.wi.us

www.turtlelake.k12.wi.us

SIGN-UP FORM

Sign-up for: Price

- | | |
|--|-------|
| <input type="checkbox"/> Monthly Pay-Individual | 30.00 |
| <input type="checkbox"/> Monthly Pay-Senior (62+) | 25.00 |
| <input type="checkbox"/> Monthly Pay-Family | 50.00 |
| <input type="checkbox"/> Monthly Pay – Senior Family | 45.00 |

Total: _____

Members Name (s)

Mailing Address

Phone: _____

E-Mail: _____

METHOD OF PAYMENT

CREDIT/DEBIT CARD ONLY

CC# _____ - _____ - _____ - _____ EXP: _____

CVV# _____

NAME ON CARD: _____

SIGNATURE: _____

START DATE: _____

END DATE: _____



STATIONARY
MACHINES



CARDIO

WEIGHTS



COURTSIDE



Hours:

24 Hours/7 Days Per Week!!

Entry with a FOB card



TURTLE LAKE FITNESS CENTER

The Fitness Center is now open 24/7
and memberships are available.
Come and join the fun!

Individual Membership Options

Monthly \$30

Seniors (62+) \$25

Family Membership Options

Monthly \$50

Seniors (62+) \$45

(Family Membership is for you and your spouse and children in grade 6 and older. Children attending a technical college or university are included.)

10 Reasons You Should Join the Turtle Lake Fitness Center

- Our equipment selection is state of the art.
- TLFC will motivate you into getting back on track with your fitness goals.
- TLFC is spacious and has room for everyone.
- We offer cardio equipment, free weights, P90x, T25, and plyometric workouts.
- Working out will release stress and relax you.
- Working out strengthens your heart and circulatory system as well as your immune system.
- Working out burns calories and helps you lose weight.
- Working out helps build muscle tissue, which makes you stronger.
- Working out gives you confidence.
- Working out makes our minds work better
- Working out keeps you fit and young.