



Webster Recreation Center Fitness Facility

** About us! **

The Webster Recreation Center is located 1350 Chiyoda Drive, Webster, NY 14580 and includes a state of the art fitness facility which offers a variety of fitness classes and services for all fitness levels.

The 3,500 square foot facility includes:

- Treadmills
- Elliptical Machines
- Stationary Bikes
- Free weight area with Olympic benches and a lifting platform/station
- Selectorized strength circuit
- Cable functional trainers
- Two racquetball courts
- Five televisions with cardio theater
- Gymnasium with two full sized basketball courts
- Men's and Women's locker rooms with showers

Outdoor features include:

- Lighted Tennis/Pickleball Court
- Lighted Basketball Court
- One mile of paved walking/running trail
- Fitness obstacle course

Fitness Center Guidelines & Cancellation Policy

- Children ages 10 and under are not permitted in the fitness center. Children between ages of 11 and 13 must be supervised by a parent or guardian at all times AND must complete an 20 minute orientation with a fitness staff member. Orientation training is available for all fitness center users, however is mandatory for those members ages 14-16 before utilizing the center unsupervised.
- If you wish to cancel your fitness membership it is the responsibility of the fitness member to notify the finance department in writing prior to the 15th of the month. We **DO NOT OFFER INSTALLMENT BILLING REFUNDS**. You will be cancelled out of any membership benefit class that you are enrolled in at the time of membership cancellation. Classes are non-refundable. You will be allowed to cancel a membership once within a calendar year without a fee. Should you cancel two or more times within a calendar year, you will be assessed a \$50.00 cancellation fee. A cancellation fee is not assessed to CHANGES in a membership status/type. Annual payment members will have a \$25.00 fee retained if cancelled within 6 months of joining.

***We honor insurance fitness benefits for eligible members through many major insurance providers. Please contact our main office at 585.872.7103 to verify your eligibility for a Premier Level Membership benefit.**



Personal training

Personal training are 1 on 1 sessions with a fitness professional for ONE (1) hour.

The sessions are customized to your individual needs and goals and are available to Fitness Members & Non-Members.

For more information or to sign up - contact Jay Verna, our Fitness Specialist at jverna@ci.webster.ny.us

1 Session - \$35 for Member / \$40 for Non-Member

5 Sessions: - \$165 for Member / \$175 for Non-Member

10 Sessions: - \$320 for Member / \$340 for Non-Member

12 Sessions: - \$372 for Member / \$396 for Non-Member

16 Sessions: - \$480 for Member / \$512 for Non-Member

Partner Training (2 people) - \$50/person for both Member and Non-Member

Group Training (3-5 people) - \$80/hourly session for both Member and Non-Member



Webster Recreation Center

* Fitness Membership Information *

Membership Type	Membership Details	Individual Single Members Ages 18-54	Senior, Student & Military Seniors ages 55+, Active Military or Students Ages 14-25	Family Families in the same household with children under the age of 26	Senior Family Families in the same household with one person age 55+ and children under the age of 26.
Non-Fitness	This Annual Membership includes free access to our game room, designated walking times and open gym times. Kids 12 and under are not required to have a non-fitness membership but must be accompanied by an adult at all times who has a non-fitness pass. This pass does not include pickleball.	\$5/Person/Annual Resident & Webster Business Employee \$10/Person/Annual Non-Resident + \$5 per open gym	N/A	N/A	N/A
Basic Fitness	This Annual Membership includes all of the benefits of Non-Fitness Membership plus unlimited access to the fitness center, racquetball, free open gym times, and pickleball court reservations.	\$336 Annual (\$28/Mo) Resident & Webster Business Employee - \$396 Annual (\$33/Mo) Non-Resident	\$300 Annual (\$25/Mo) Resident & Webster Business Employee - \$360 Annual (\$30/Mo) Non-Resident	\$492 Annual (\$41/Mo) Resident & Webster Business Employee - \$552 Annual (\$46/Mo) Non-Resident	\$432 Annual (\$36/Mo) Resident & Webster Business Employee - \$492 Annual (\$41/Mo) Non-Resident
Premier Fitness	This Annual Membership includes all of the benefits of the Basic Membership plus discounted and/or free fitness classes.	\$420 Annual (\$35/Mo) Resident & Webster Business Employee - \$480 Annual (\$40/Mo) Non-Resident	\$360 Annual (\$30/Mo) Resident & Webster Business Employee - \$420 Annual (\$35/Mo) Non-Resident	\$660 Annual (\$55/Mo) Resident & Webster Business Employee - \$720 Annual (\$60/Mo) Non-Resident	\$600 Annual (\$50/Mo) Resident & Webster Business Employee - \$660 Annual (\$55/Mo) Non-Resident
Punch Pass	The Punch Pass has no expiration date allowing individuals to try our facility with no long term commitment. It can be used towards the fitness center, racquetball courts and pickleball reserve a court and fitness classes.	10 Visits + 1 Free = \$50 Resident & Webster Business Employee - 10 Visits + 1 Free = \$55 Non Refundable for Non-Resident	N/A	N/A	N/A

* Regular Group Exercise Schedule - Subject to change*

TIME	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
6:00 AM	Bootcamp	High Fitness	Bootcamp	High Low Fitness	Bootcamp	
8:30 AM						Fitness w/ Gina
9:00 AM	ABSsolute Core	Silver & Fit Beginner Yoga Tabata	Butts & Guts	Silver & Fit	Vinyasa Yoga Arms & Abs	
10:00 AM	Theraband					Cardio Strength
10:30 AM		Swedish Fitness		Swedish Fitness		
12:00 PM	High Fitness (12:15)		Iyengar Yoga (11:45) High Low Fitness (12:15)			
1:00 PM	Sun Tai Chi				*ALL Fitness Classes are held at Webster Recreation Center except "Yoga for Everyday" which is held at Liberty Lodge- 850 Maple Drive*	
4:15 PM	Beginner Bootcamp		Beginner Bootcamp			
5:00 PM		Move Well				
5:15 PM	Beginner Bootcamp	Body Blaze	Beginner Bootcamp			
5:45 PM		Yoga For Everyday		Boxing HIIT w/BlazeFit		
6:00 PM	Fitness with Gina	Cardio KBX	Fitness with Gina		Sunday High Fitness @ 8 AM	