As part of your membership, you will be issued a parking permit for the lot located adjacent to the Physical Education Building. Members may also park in any of the student lots around the campus.

FACILITY CLOSURES
Facilities are closed occasionally for routine maintenance, inclement weather or emergencies. If the college is closed due to bad weather or other emergency, fitness facilities are closed as well. Announcements are posted on the college website, www.mccc.edu, on local radio stations and on the college’s cable channel (Comcast Channel 26 or Verizon FIOS 20). Members may also sign up with the Fitness Center coordinator for notification via email.

PARKING
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FACILITY CLOSURES
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HAVE QUESTIONS?
More information is available on the college website at www.mccc.edu/fitness. For specific questions about membership plans and facilities, contact Fitness Program Coordinator Michael DeAngelis at 609-570-3758 or email deangelm@mccc.edu.

GENERAL POLICIES
• New Fitness Center members may arrange for an orientation about workout equipment. Staff will also write a written workout plan based on members’ goals.
• Members must sign in and show their ID card at every visit.
• Food and beverages are prohibited in workout and pool areas (except for water).
• Spotters are required for heavy lifting in the Fitness Center.
• Appropriate attire is required. Athletic shoes should be worn in the Fitness Center. Swimmers are asked to wear swimsuits. Children in diapers must wear plastic pants with snug elastic bands at waist and leg.

WHAT MEMBERS HAVE TO SAY
“I work out to stay healthy. It’s doctor’s orders. I work out before and after work and on the weekends. It’s a nice, low-key environment.”

“Mercer has all the equipment I need to stay fit. Plus, the price is reasonable, and it’s close to home. The staff who work here are very helpful. It’s the best value around.”

“I’ve been working out here for 20 years. It’s a casual atmosphere. You can do what you want and nobody bothers you. The Fitness Center is part of my life.”

PAYMENT INFORMATION

CARDHOLDER’S NAME
__________________________________________________________________
ADDRESS
_______________________________________________________________________________
CITY
____________________________________________
STATE
________
ZIP
___________
HOME PHONE
_______________________
CELL
_______________________
WORK
__________________

VISAS #
_______________________________________________________________________________
American Express #
__________________________________________________________________
Mastery Card #
_______________________________________________________________________
Discover #
____________________________________________________________________________________

AMOUNT TO BE CHARGED $____________________________
CHECK #
____________________________________________
CHECK ENCLOSED ______________
SIGNATURE __________________________________________
____________________________________________
Make checks payable to Mercer County Community College. If paying by mail, send to MCCC Fitness Center, 1200 Old Trenton Road, West Windsor, NJ 08550. To register by phone with a credit card, call (609) 570-3738 or 3758. Or, sign up in person at the Fitness Center Office.

FITNESS CENTER HOURS
Mon./Wed. 6 a.m. - 9 p.m.
Tues./Thurs. 7 a.m. - 9 p.m.
Friday 6 a.m. - 8 p.m.
Saturday 9 a.m. - 3 p.m.
Sunday 10 a.m. - 2 p.m.

RECREATIONAL SWIM HOURS
September 1 - May 31
Mon./Wed./Fri. 6:55 a.m. - 7:55 a.m.
Mon. - Fri. 11 a.m. - 12:45 p.m.
Thursday 7 p.m. - 9:55 p.m.
Saturday 1 p.m. - 4 p.m.
June 1 - August 31
Mon./Wed./Fri. 6:55 a.m. - 7:55 a.m.
Mon. - Fri. 5:30 p.m. - 7 p.m.
Thursday 5:30 p.m. - 9:55 p.m.
Saturday 1 p.m. - 4 p.m.

THE FITNESS CENTER
Mercer County Community College
1200 Old Trenton Road
West Windsor, NJ 08550
609-570-3738
www.mccc.edu/fitness

FITNESS CENTER COORDINATOR
Michael DeAngelis
(609) 570-3758
fitness@mccc.edu
THE FITNESS CENTER AT MERCER

The MCCC Fitness Center offers the community numerous ways to get in shape and stay in shape. The center includes a fully-equipped fitness facility and a 25 yard heated swimming pool, located in the Physical Education (PE) Building on MCCC’s West Windsor campus. Tennis courts are located adjacent to the PE Building. Members may also participate in weekly exercise classes. Rates are more reasonable than at most area gyms and there are numerous membership options.

FITNESS FACILITIES

Fitness Center members work out in a friendly, non-competitive environment. With assistance from a courteous and dedicated staff, they can create and carry out a personal health and fitness program to achieve their long-term goals. Membership is open to all area residents 15 years and older. Those who sign up for an annual membership also have use of the college’s 25 yard swimming pool.

The Fitness Center offers a wide array of aerobic machines including a StairMaster, elliptical machines, stationary bicycles, treadmills and an arc trainer. Among the Center’s equipment is a string weight training circuit that includes cable crossover, leg press, glute machine, chest press and assisted dip/chin, plus a Smith machine. Free weight equipment includes benches, kettlebells, dumbbells, olympic barbells, plates and a power rack.

Members are issued a card that must be presented for entrance to the pool area and for use of the locker rooms.

FITNESS CENTER MEMBER RATES

- Annual Mon. - Sun. $225*
- Annual Restricted Mon. - Fri. $150* (9 a.m. to 3 p.m.)
- Quarterly Mon. - Sun. $75
- Monthly Mon. - Sun. $35
- St. Annual Mon. - Sun. $200†
- Sr. Annual Mon. - Sun. $200†
- Sr. Quarterly Mon. - Sun. $501

Call 609-570-3758 for General Office or 609-570-3758 for Coordinator Michael DeAngels. Or, stop by the Fitness Center during operating hours to sign up for a membership.

*Annual membership includes use of the pool during recreational hours.
† Senior citizens are persons 65 and older.

RECREATIONAL SWIM

The college has a 25 yard heated indoor pool, also located in the Physical Education Building. Community residents may sign up for pool memberships only, or use the pool as part of their annual Fitness Center membership. Pool memberships include singles, senior citizens and families of up to five people, as well as annual and semi-annual rates. Locker rooms and showers are available for use during the facility’s open hours. Handicapped locker rooms and bathroom facilities are located on the 1st floor. (Towels and locks are not provided.)

Recreational swim members may take part in the college’s exercise classes and recreational basketball and volleyball games. These activities are listed on the college calendar at www.mccc.edu.

Members are issued a card that must be presented for entrance to the pool area and for use of the locker rooms.

RECREATIONAL SWIM MEMBERSHIP RATES

- Family (maximum 5 people) $275 annual $165 semi-annual
- Single (16 years and older) $160 annual $100 semi-annual
- Senior Citizen/Alumni Family $190 annual $115 semi-annual
- Senior Citizen/Alumni Single $100 annual $65 semi-annual

Membership fees are non-refundable.

Note: Member safety is a priority. Pool closures occur at the discretion of the lifeguards and/or recreation supervisor in the event of lightning, thunder, power failures, low chlorine levels, and biohazard situations. For emergency closures or other schedule changes, visit the website at www.mccc.edu/fitness or visit the Fitness Center Facebook page.

GROUP EXERCISE AND FITNESS ACTIVITIES

All Fitness Center and Recreational Swim members may take part in the college’s exercise classes, including yoga and zumba, and recreational basketball and volleyball games. The schedule for these activities is listed on the college calendar at www.mccc.edu.

TENNIS COURTS

All members may use the college’s six outdoor tennis courts, which are located adjacent to the Physical Education Building. Courts are available on a limited basis.

Note: Tennis court hours of operation are sunlight to sunset. When not reserved for classes or teams.

Call 609-570-3758 for General Office or 609-570-3758 for Coordinator Michael DeAngels. Or, stop by the Fitness Center during operating hours to sign up for a membership.

*Only annual memberships include use of the 35-meter heated indoor pool during recreational hours.