

WELCOME TO THE FITNESS CENTER AT SBCC

Get a jump start on incorporating fitness and wellness into your life at our community-focused Fitness Center. A daily drop-in fee or one of our many pass options gives you access to this 2,500 square-foot center equipped with state of the art cardio and strength training equipment.

A double gymnasium is also available for a variety of drop-in sports including basketball, badminton, volleyball, and pickleball. Please come by and take a look, and attend one of our free Orientations so we can answer any questions you may have.

Let's Get Started...

The first step is to attend a Fitness Center Orientation. **All adults and youth are required to attend this 20-minute class prior to using the Fitness Center.** The Orientation will cover our policies and procedures, step-by-step instruction on using cardio and weight-training equipment properly, general principals of exercise and will give you a chance to meet our fitness staff. No sign-up needed, just meet in the Fitness Center 5 minutes before our start time (see inside of brochure for days and times).

Once you have attended an Orientation, you are ready to purchase a pass, work out, or attend a "Fitness 1-on-1" help session. See details on other side.



For alternate formats, interpreters, or reasonable modification requests please phone at least 48 hours in advance 425-452-4240 (voice) or email sbcc@bellevuewa.gov. For complaints regarding modifications, contact the City of Bellevue ADA, Title VI, and Equal Opportunity Officer at ADATitleVI@bellevuewa.gov.

Frequently Asked Questions...

How old do you have to be to use the Fitness Center? Teens ages 13-17 may use cardio and strength equipment with signed youth/parent waiver and attendance at an Orientation.

Are locker rooms available? Yes. We have locker rooms with showers. You will need to provide your own towel, and toiletries. Ask for a key at the Front Desk for a locker. Mini lockers are also available in the Fitness Center storage area. We encourage you to lock up all belongings while using the Fitness Center.

Is there a personal trainer available? Yes. We have personal trainers available for 30, 45, and 55-minute appointments for individuals and small groups. A Pre-Activity Screening Questionnaire packet must be completed prior to your appointment, and a doctor's consent may be required. Please call trainer directly to schedule a free initial consultation. Trainer contact information is available in the Personal Training and Assessment Brochure.

Do you offer fitness classes? Yes. We have a variety of fitness classes including Cycling, ZUMBA®, Fit 360°, Pilates, Yoga, Martial Arts, and many more. For additional class offerings and descriptions go to BellevueWA.gov/sbcc

What do I wear?

Please wear clean athletic shoes (no sandals) and a shirt that covers the torso. For women, no sports bras as outerwear. Dress in layered athletic attire to accommodate warming up and cooling down.

**14509 SE Newport Way
Bellevue, WA 98006
425-452-4240
BellevueWA.gov/sbcc
register.bellevuewa.gov**



BOYS & GIRLS CLUBS
OF BELLEVUE

Fitness Center

BellevueWA.gov/sbcc
register.bellevuewa.gov

ORIENTATION SCHEDULE:

Orientation is required **prior** to your first exercise visit. Please arrive on time as we are unable to accommodate late arrivals.

Adults & Youth 13+ yrs

Monday: 6:15 p.m.

Tuesday: 9:30 a.m.

Thursday: 6:30 p.m.

Friday: 11:30 a.m.

Saturday: 10 a.m.

Lasts approx. 20 minutes.

Orientation days and times may change on a quarterly basis. Call 425-452-4240 for updates.

Once you have attended an Orientation, you are ready to purchase a pass!

"Fitness 1-on-1" Help Sessions (optional):

"Fitness 1-on-1" is our commitment to help you with the basics of exercise.

If you would like additional assistance after attending an Orientation, staff is available for personal attention to help get you started. Feel free to ask for assistance at any time. If staff are unavailable, we will set an appointment for you at your convenience.

PASS TYPES

Daily Drop-in: Pay as you go. Drop-in fee includes drop-in sports.

Adult (Age 18+): \$6 (R) \$8 (NR)

Teen (Ages 13-17): \$4 (R) \$5 (NR)

20-Visit Pass Card: Pay in advance for 20 visits. This pass can be shared, never expires, is non-refundable, and includes drop-in sports.

Adult (Age 18+): \$85 (R) \$102 (NR)

Teen (Ages 13-17): \$48 (R) \$58 (NR)

Monthly Pass Options: Best value for regular users! Includes drop-in sports. The Monthly Pass is an ongoing pass that electronically withdraws fees from your credit card for unlimited Fitness Center use. Monthly Pass holders enjoy 25% off the session price for select fitness classes (see below). Monthly Passes are non-transferable.

Individual Monthly Pass for one individual.

Adult (Age 18+): \$29 (R) \$34 (NR)

Teen (Ages 13-17): \$18 (R) \$21 (NR)

Two Adult Monthly Pass for two adults living in the same household. One additional adult-add \$13/month.*

Adult (Age 18+): \$43 (R) \$52 (NR)

Single Adult Household Monthly Pass for one adult with children between the ages of 13-23 living in the same household.*

Adult (Age 18+): \$37 (R) \$45 (NR)

Two Adult Household Monthly Pass for two adults with children between the ages of 13-23 living in the same household.

Adult (Age 18+): \$52 (R) \$63 (NR)

**Adult children with disabilities of all ages included*

Included in admission fees: Gymnasium (drop-in sports), Fitness Center, locker rooms and showers, assistance from Fitness Center staff, and Orientation.

Additional fees required for:

Fitness classes, climbing wall, and personal training.

Fitness Center Pass Cards can also be used at the North Bellevue Community Center located at: 4063 148th Avenue NE 425-452-7681

BEST BUY! ADDED BENEFIT!

Consider the **Monthly Pass**.

This is definitely the best buy if you use the Fitness Center 6 times or more per month for an individual (5 times or more per month for the two adult option).

Added benefit:

25% off the class session price:
Active Adult Fitness, Cycle/Stretch, Cycling, Fit 360°, Pilates, Total Body Fitness, Yoga and ZUMBA®.

FITNESS CENTER HOURS OF OPERATION:

Monday-Friday 6 a.m.-8 p.m.

Saturday 8 a.m.-5 p.m.

Sunday 8 a.m.-5 p.m.

For holiday hours call 425-452-4240 or visit BellevueWA.gov/sbcc