

Fitness Facilities

Eagle Lakes Community Park • Golden Gate Fitness Complex



All for One Annual Fitness Memberships

Get Fit In 2018 - The Only Way to Finish is to Start!

Memberships will give members access to the following Collier County Fitness Centers

North Collier Regional Park Rec Plex
15000 Livingston Rd. • 252-4066

Max Hasse Community Park
3390 Golden Gate Blvd. W. • 252-4200

Golden Gate Community Park Fitness Complex & Aquatic Complex
3300 Santa Barbara Blvd. • 252-6128

Immokalee Sports Complex & Aquatic Complex
506 Escambia St. • 657-1951

Eagle Lakes Community Park
11565 Tamiami Trail E. • 252-3527

Membership Fees

Daily Walk In	\$7
Monthly	\$25
Annual	
Annual Membership	\$190
Spouse / Additional Family Member	\$100

Corporate Memberships available

FITNESS

EAGLE LAKES COMMUNITY PARK

11565 Tamiami Trail E.
Phone (239)252-3527

Facility Schedule:

Monday-Friday.....	6:00am-9:00pm
Saturdays	7:00am-3:00pm
Sundays.....	Closed

Facility Amenities:

Recumbent bikes, treadmills, elliptical machines, Nu-step cardiovascular, Cybex resistance machines, Magnum workout machines and free weights.

Personal Training:

\$30/hour or 4 sessions\$100

GOLDEN GATE AQUATIC & FITNESS COMPLEX

3300 Santa Barbara Blvd.
(239) 252-6128

Facility Schedule:

Monday-Friday.....	6:00am-9:00pm
Saturdays	8:00am-5:00pm
Sundays.....	9:00am-1:00pm

Facility Amenities:

Recumbent bikes, treadmills, elliptical machines, Nu-step cardiovascular, Cybex resistance machines, Magnum workout machines and free weights.

Personal Training:

\$30.00/hour or 4 sessions\$100.00

IMMOKALEE SPORTS COMPLEX

505 Escambia St., Immokalee
(239) 252-8811

Facility Schedule:

Monday-Friday..... 6:30am-8:00pm
Saturdays 7:00am-12:00pm
Sundays..... Closed

Facility Amenities:

New Precor ellipticals, Cybex treadmills, LifeFitness Recumbent bikes and a line of Magnum selectorized resistance machines complement existing free weights. The Immokalee Sports Complex features a 25 meter by 25 yard pool, which is included with fitness complex memberships.



MAX HASSE COMMUNITY PARK FITNESS CENTER

3390 Golden Gate Blvd. W
(239) 252-4200

Facility Schedule:

Monday-Friday..... 6:00am-9:00pm
Saturdays 8:00am-2:00pm
Sundays..... Closed

Facility Amenities:

Life Fitness treadmills and recumbent bikes, Precor and Matrix ellipticals, Cybex, Hoist and Life Fitness resistance machines, Stairmaster Stepmill, NuStep cross trainer, Precor adaptive motion trainer and free weights.

NORTH COLLIER REGIONAL PARK REC-PLEX

15000 Livingston Rd.
(239) 252-4066

Fitness Facility Schedule:

Monday-Friday..... 5:00am-10:00pm
Saturdays 7:00am-5:00pm
Sundays..... 9:00am-3:00pm

Fitness Facility Amenities:

Recumbent bikes, treadmills, Precor and Life Fitness elliptical machines, Nu-step cardiovascular, Stairmaster Climbers, Stepmills, Concept II Rowers, Cybex resistance machines (special needs accessible), Life Fitness and Hammer Strength training equipment and free weights.

Personal Training:

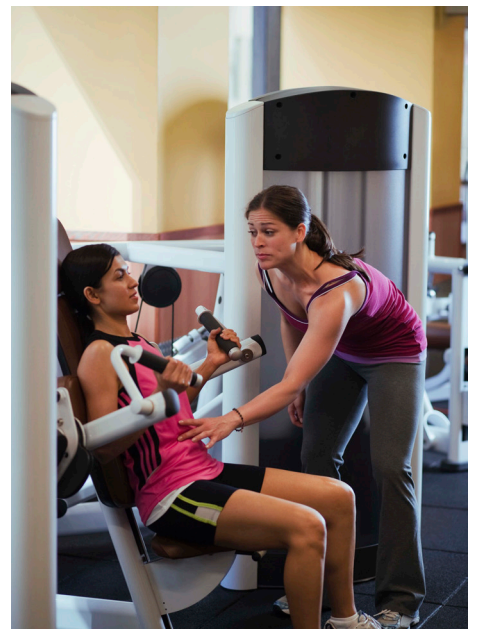
\$30.00/hour or 4 sessions\$100.00

Gymnasium Schedule:

Open when the fitness facility is open. However, due to youth sports programs, fitness classes, and special events please call ahead to check for availability.

Gymnasium Annual Fees:

Student (Ages 13-17)\$10.00
Adult (Ages 18 and older).....\$25.00
Gymnasium rental is available for events.
Call for fees.



BONE BUILDERS

ENCP Bone Builders **FREE**

This program relies upon weight training to protect against fractures caused by osteoporosis by increasing muscular strength and bone density. Doctors note required. 18 and up
[11677](#) Jan 3-Jun 7 Mon, Tue, Wed, Thu 9:00am-10:00am

GGCC RSVP Bone Builders **FREE**

This program relies upon weight training to protect against fractures caused by osteoporosis by increasing muscular strength and bone density. Must have a Dr.'s note to be able to lift weights. 50 and up
[12005](#) Jan 9-May 31 Tue, Thu 9:30am-10:30am

NCRP Bone Builders **FREE**

This program relies upon weight training to protect against fractures caused by osteoporosis by increasing muscular strength and bone density. 50 and up
[11368](#) Jan 3-May 30 Mon, Wed, Fri 9:30am-10:25am

VTCP RSVP Bone Builders **FREE**

Designed to help prevent fractures caused by osteoporosis by increasing muscular strength and bone density. A doctor's note is required. 50 and up
[12164](#) Jan 8-May 25 Mon, Wed, Fri 9:30am-10:30am

WYCP RSVP Bone Builders **FREE**

Designed to help prevent fractures caused by osteoporosis by increasing muscular strength and bone density. A doctor's note is required. 50 and up
[11301](#) Jan 9-May 31 Tue, Thu 9:30am-10:30am

5K PREP

WYCP 5k Prep **\$50**

New to running? or just want to get in shape. Join us in an eight week program that will gradually increase your endurance and ability to complete a 5k. You will receive a designed training plan. 16 and up

[11224](#) Jan 9-Mar 1 Tue, Thu 8:00am-9:00am
[11225](#) Mar 20-May 10 Tue, Thu 8:00am-9:00am



CYCLING

NCRP Spinning **\$7/free with membership**

Get ready to sweat! Our cycling classes will get you moving, increase your heart rate, burn those legs, and improve your cardio. Great for beginners or year round cyclists. 13 and up
[11914](#) Jan 2-May 26 Mon-Fri 9:30am, Mon, Wed 4:30pm, Mon 6:00pm, Tue, Thu 5:30pm, Sat 9:00am

MIND/BODY

ELCP Mat PilatEASE **\$7/free with membership**

Fundamentals of mat pilate based exercise starting at beginner level and beyond. Back to Basics type modifications for the first time participants including multi levels for intermediate. 13 and up
[11415](#) Jan 3-Apr 25 Wed 10:30am-11:30am

ELCP Stand or Sit 2B Fit **\$7/free with membership**

Low impact exercise class designed to improve flexibility and build strength. 13 and up
[11418](#) Jan 2-Apr 24 Tue 10:30am-11:30am

ELCP Senior Sit 2B Fit **\$7/free with membership**

Low impact exercise class designed to improve flexibility and build strength. 13 and up
[11416](#) Jan 4-Apr 26 Thu 10:30am-11:30am

ELCP Yoga **\$7/free with membership**

Yoga offers consciousness of your body and its capabilities and the satisfaction of challenging yourself physically while increasing energy, mental clarity and concentration. 13 and up

[11419](#) Jan 2-Apr 26 Tue, Thu 9:00am-10:00am

ENCP QiGong **\$7**

QiGong classes focus on light repetitive movements to strengthen the energy and direct it through the body. 13 and up
[11893](#) Jan 8-May 30 Mon, Wed 9:00am-10:00am

ELCP GroupX Strength & Cond **\$7/free with membership**

A free standing total body weighted + resistance workout utilizing various hand held equipment for a variety of functional strength exercises. Ending with abdominal- core on the floor. 13 and up

[11417](#) Jan 8-Apr 30 Mon 10:30am-11:30am

NCRP Heinz 57 **\$7/free with membership**

Come join us for a full-body workout! This class incorporates a wide variety of movements that pushes us to be our very best. Weights, bands, abs and balls. We work it all. 13 and up

[11902](#) Jan 3-May 25 Mon, Wed, Fri 8:30am-9:30am

MHCP Core Resistance **\$7/free with membership**

Using Versa Resistance Bands the exerciser will perform a large variety of exercises using a more fluid range of motion with different resistance bands. This class also incorporates a wide range of core exercises that will strengthen and tighten the core. 13 and up

[11361](#) Jan 4-May 31 Thu 6:00pm-7:00pm

MHCP Let's Get On The Ball **\$7/free with membership**

Using the Bosu Ballast ball and assorted dumbbells, the exerciser will perform a larger variety of exercises due to the added load & stability of the weighted ball as it rests on the floor. 13 and up
[11364](#) Jan 3-May 30 Mon, Wed, Fri 9:00am-10:00am

MHCP Total Body Bar **\$7/free with membership**

Total Body offers a basic routine hitting all of your major muscle groups that will fire up your fat burning, and build lean metabolism-charging muscles. 13 and up
[11366](#) Jan 2-May 29 Tue 6:00pm-7:00pm, Sat 8:30am-9:15am

MHCP Stretch Your Limits **\$7/free with membership**

Enhance your physical fitness and increase mental and physical relaxation while reducing risk of injury to joints, muscles and tendons. 13 and up
[11371](#) Jan 2-May 31 Tue, Thu 9:00am-10:00am

NCRP Mat Pilates **\$7/free with membership**

Come check out our Pilates class here at North Collier Regional Park! A great class for all levels of experience. 13 and up
[11909](#) Jan 8-May 21 Mon 10:35am, 6:00pm

NCRP Yoga **\$7/free with membership**

New to Yoga, or a seasoned veteran? No problem, this is for everyone. Our combination of Pilates and Yoga will focus on improving your flexibility, strength and balance while enhancing your posture, coordination and mental focus. 13 and up
[11906](#) Jan 2-May 29 Tue, Thu, Fri 10:30am, Tue, Thu 5:30pm, 6:30pm

VTCP Yogagenics **\$60/\$12 per class**

Explore the ancient arts of yoga, meditation, breathing, and opening the flow of energy. 18 and up
[11944](#) Jan 8-Feb 26 Mon 6:30pm-8:00pm
[11945](#) Mar 5-Apr 9 Mon 6:30pm-8:00pm
[11946](#) Apr 16-May 21 Mon 6:30pm-8:00pm

STRENGTH TRAINING



ZUMBA



ELCP Zumba \$7/ free with membership

Join the Party! Dance your way to a more fit you while learning unique latin moves and rhythms in an exciting atmosphere. 13 and up
[11420](#) Jan 3-Apr 27 Wed,Fri 9:00am-10:00am

ENCP Zumba \$7

The Zumba® program fuses Latin dance rhythms with easy to follow dance moves. The result of this fusion is a fun workout that helps to tone and sculpt your body while burning fat. 18 and up
[11701](#) Jan 2-Jun 9 Tue,Thu,Sat 9:00am-10:00am

GGCC Zumba Drop In \$7/ free with membership

Join the Party! Dance your way to a more fit you while learning unique Latin moves and rhythms in an exiting atmosphere. The result of this fusion is a fun workout that helps to tone and sculpt your body while burning fat. 15 and up
[12039](#) Jan 8-May 30 Mon,Wed 9:00am-7:00pm

MHCP Zumba \$7/ free with membership

The Zumba® program fuses Latin dance rhythms with easy to follow dance moves. The result of this fusion is a fun workout that helps to tone and sculpt your body while burning fat. 13 and up
[11367](#) Jan 3-May 30 Mon,Wed 6:00pm-7:00pm

NCRP Zumba \$7/ free with membership

Let's get moving! This class incorporates strong rhythmic latino music in a fun and high energy environment that provides you with a full workout. 13 and up
[11912](#) Jan 2-May 24 Tue,Thu 9:30am-10:30am



Extreme Sports

BMX • Skateboards • Inline Skating



GGCC WHEELS Midnight BMX & Skate \$10

SKATE & RIDE TIL MIDNITE! Join us in an evening of skateboarding and BMXing until midnight. Music, Fun Competitions, Food, and Prizes will be provided. \$5 Park Members - \$10 Non-members. 5 and up
[12036](#) May 18 Fri 7:00pm-12:00am

GGCC WHEELS BMX Beginner Clinics \$5

Beginner riders will learn and grow with benefits such as improved Discipline and self control. Program is taught by a USA Certified BMX coach. Long pants, long sleeve shirt and full face helmet are required. No classes October 31st or December 5th. Class is held 2nd & 4th Tue of month.
[12031](#) Jan 9-May 22 Tue 6:00pm-7:00pm

GGCC WHEELS BMX Advance Clinics \$5

Advanced riders will learn Gate Balance, Pumping, Manualing, Jumping and Turn skills. Program is taught by a USA Certified BMX coach. Long pants, long sleeve shirt and full face helmet are required. No classes October 31st or December 5th. Class is held 1st, 3rd & last Tue of month.
[12032](#) Jan 16-May 15 Tue 6:00pm-7:00pm



WHEELS SKATE PARK & BMX TRACK

4701 Golden Gate Pkwy.
(239) 252-4188

Wheels Schedule:

Monday-Friday3:00pm-8:00pm
 Saturdays 1:00pm-8:00pm
 Sundays..... Closed Memorial Day to Labor Day

USA license required for all USA events.

Schedule is subject to change due to weather, track conditions and/or special events.

Annual Memberships For Each Park:

Ages 21 & Under \$10
 Ages 22 & Up \$25
 Daily..... \$5

GGCC Wheels Late Night Skate \$5

Wheels PARK IS OPEN LATE !!! Come and enjoy a night with music, games, mini comps, food, prizes and more. \$5 for Members and \$ 10 for Non-Members. 5 and up
[12033](#) Jan 5 Fri 5:00pm-10:00pm
[12034](#) Mar 9 Fri 5:00pm-10:00pm
[12035](#) Apr 13 Fri 5:00pm-10:00pm