

# FITNESS CENTER

500 Cedar Street  
Nekoosa, WI 54457



## **SUMMER HOURS**

MONDAY-FRIDAY 6 AM to NOON  
AND 3 PM to 8 PM  
SATURDAY 8 AM to NOON

## **SCHOOL YEAR HOURS**

MONDAY-FRIDAY 6 AM to 7:30 AM  
AND 3 PM to 8 PM  
SATURDAY 8 AM to NOON

**14 Station Weight Machine Circuit**  
**Many Free Weights and Benches**  
**3 Tread Mills**  
**3 Elliptical Machines**  
**2 Stationary Bikes**

All Nekoosa School District Residents are welcome to use the fitness center.  
You may purchase a membership card at your first visit  
**Fee is \$10 per year**

The fitness center is located just inside the south door  
of the Nekoosa High School  
500 Cedar Street  
Nekoosa, WI 54457  
Fitness Center Phone: 715/886-807

Children under 13 must be accompanied by an adult  
No sandals, no jeans, and no clothing items with rivets or zippers