

FITNESS CENTERS



FITNESS CENTER OPERATING HOURS

Barnett Recreation Center

Monday - Saturday: 8 a.m. - 8 p.m.

Sunday: 1 p.m. - 8 p.m.

4801 W. Colonial Dr., Orlando, FL 32808

Goldenrod Recreation Center

Monday - Saturday: 8 a.m. - 8 p.m.

Sunday: 1 p.m. - 8 p.m.

4863 N. Goldenrod Rd., Winter Park, FL 32792

Marks Street Senior Recreation Center

Monday - Saturday: 8 a.m. - 8 p.m.

Sunday: 1 p.m. - 6 p.m.

99 E. Marks St., Orlando, FL 32803

Meadow Woods Recreation Center

Monday - Saturday: 8 a.m. - 8 p.m.

Sunday: 1 p.m. - 8 p.m.

1751 Rhode Island Woods Cr., Orlando, FL 32824

Renaissance Senior Recreation Center

Monday - Saturday 8 a.m. - 8 p.m.

Sunday 1 p.m. - 8 p.m.

3800 South Econlockhatchee Trail, Orlando, FL 32829

Silver Star Recreation Center

Monday - Saturday 8 a.m. - 8 p.m.

Sunday 1 p.m. - 8 p.m.

2801 N. Apopka Vineland Rd., Orlando, FL 32818

South Econ Recreation Center

Monday - Saturday 8 a.m. - 8 p.m.

Sunday 1 p.m. - 8 p.m.

3850 South Econlockhatchee Trail, Orlando, FL 32829

West Orange Recreation Center

Monday - Saturday 8 a.m. - 8 p.m.

Sunday 1 p.m. - 8 p.m.

309 S. West Crown Point Rd., Winter Garden, FL 34787



RECREATION CENTER MEMBERSHIP

- For ages 16 and up
- COST: Ages 16-54 \$100/year or \$25/90 days
Ages 55 and up \$75/year
- Driver's License or other Photo ID required for age verification
- Completed Form

SENIOR RECREATION CENTER MEMBERSHIP

(Marks Street and Renaissance Only)

- For seniors 55 years of age and up
- COST: \$10 per Card (Membership is Free)
- Driver's License or other Photo ID required for age verification
- Completed Form

TEEN MEMBERSHIP

- Teens are children ages 16 or 17.
- Parents must sign-up the eligible teen member and attend a mandatory orientation with the teen member.
- The teen must bring a picture ID and Birth Certificate or state issued ID.
- Applicable Forms must be completed and signed by the parent.
- The teen must be accompanied by an active adult member, over the age of 18 years old, for the duration of the workout.
- The teen member must swipe their membership card at each visit and the accompanying adult must swipe their card and sign in on the Chaperone sign-in sheet.
- Badges must be visible at all times.

**For your safety, equipment orientations may be required.
Please see gym staff for more information.**

FITNESS CENTER

- The fitness center is open during normal operating hours.
- All individuals who wish to use the fitness center must obtain a Membership Card.
- Individuals must swipe their Membership Card at the designated area each time they enter the facility to use the fitness center.
- Membership Cards are to be visible, at all times. NO EXCEPTIONS.
- There is a fee to replace lost or stolen Membership Cards.
- Equipment Orientation is available by appointment. Please call or visit the reception area for more information.

FITNESS ROOM GUIDELINES

- All participants must be current registered fitness center members.
- No one under the age of 16 will be allowed in fitness areas.
- Members may not cause, allow, or permit any unauthorized person entry into the fitness area. This includes "tailgating" by allowing unauthorized entry or allowing others to use your membership card. Any misuse of privileges may result in suspension or loss of membership.
- Exercise clothes and athletic shoes are recommended.
- Open toed or backless shoes are not considered appropriate footwear. All shoes must have non-marking rubber soles.
- A workout towel is recommended.
- Food and drink (except water), are not permitted.
- Profanity will not be tolerated.

PROPER EQUIPMENT USE

- The placards on the machines will be of assistance to you.
- Wipe equipment after use. Sanitary wipes are provided.
- Return dumbbells to storage racks.
- Only County-owned exercise equipment is permitted.
- Report equipment or safety concerns immediately to center staff.
- Bike and Treadmill use is limited to 30 minutes when other members are waiting.
- Each piece of equipment must be used properly and as intended.
- Always stretch and warm up before exercising. (Do simple movements for 2-5 minutes.) Remember to static stretch, NO BOUNCING!
- When lifting weights or using weight machines, do a resistance that you are able to do at least 6-10 times.
- Always cool down after your workout. (Use same method as warm up.)
- Always do a full range of motion. Work the muscle completely!
- Never do your maximum attempt on your first set.
- Do not bang together or drop weights. Keep weights under control.
- NEVER DROP OR SLAM THE WEIGHTS!

MEMBERSHIP RENEWAL

- Please renew your membership annually.
- Please inform us when any personal information changes so we can update your membership profile.
- It is your responsibility to inform us if anything has changed with your health and/or ability to work out.



Orange County Government
Parks and Recreation

www.OrangeCountyParks.net

