



STRENGTH TRAINING EQUIPMENT

Dumbbells Multi-Press
Adjustable Pulley Biceps
Curl / Triceps Extension
Abdominal/Back
Extension Pulldown / Row
Station Leg Curl /
Extension Leg Press
Station Assist Dip / Chin

Take your workout to the
next level at our modern
fitness gym.

How to qualify for Longfield Center Fitness Center Membership

1. Must be 16 years or older.
Must provide proper proof of age
2. Submit a completed Waiver
Waiver provided at the Reception Desk
3. Pay a membership fee
Percentage of fee can be waived for residents
providing a need or hardship based on
assistance program guidelines.
4. Join the Fitness Center
To learn more about the equipment you're
about to enjoy please ask staff for assistance
before the use of fitness equipment.

CARDIOVASCULAR MACHINES

Treadmill
Recumbent Bike
Indoor Cycle

Tap into your inner
motivation and unleash your
full fitness potential.

FREE WEIGHT

Dumbbells (5 - 75lb.)
Straight Barbell (20 - 60lb.)
Adjustable Benches

**START
YOUR
HEALTHY
LIFE TODAY.**



**FITNESS
CENTER**
AT LONGFIELD CENTER

Membership

ADULTS / 16-59

Day Pass	\$5
Monthly	\$12
Quarterly	\$30 \$10 per month
Annual	\$100 \$8.33 per month

SENIORS / 60+

Day Pass	\$3
Monthly	\$10
Quarterly	\$25 \$8.33 per month
Annual	\$75 \$6.25 per month

Call (559) 585-2530 or visit the Longfield Center to get your membership today.

Fitness Center
Longfield Center
559-585-2530
560 S. Douty Street
Hanford, Ca 93230

**Join our
fitness
community
and start
your journey
to a better
you.**