

Fitness Room Rules & Etiquette

- ◆ All persons in the weight room must be at least 15 years old.
- ◆ Athletic clothing must be worn (no denim).
- ◆ Please wear clean and appropriate athletic shoes.
- ◆ No food or gum is allowed in the fitness room.
- ◆ Please wipe down all equipment after use.
- ◆ Please place the weights in the their proper rack when finished with each set.
- ◆ Clips must be used on all bars.
- ◆ We permit children age 2.5 and younger to accompany their caregiver when properly contained (car seat, stroller, etc.)

Get fit, get wet,
have fun!

Pullman Aquatic & Fitness Center
City of Pullman, Parks & Recreation
500 NW Greyhound Way
Pullman, WA 99163

Fitness Programs and Room at Pullman Aquatic & Fitness Center



500 NW Greyhound Way, Pullman, WA 99163

Phone: 509-338-3290 Fax: 509-334-6696

Parks, Facilities, & Recreation Office:

509-338-3227

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www.PullmanParksandRec.com



Fitness Room Programs

Looking for a way to add a new dimension to your workouts? Pullman Aquatic & Fitness Center offers a full menu of fitness training services. Personalized training is available in our fitness room, using our equipment. Or, if you prefer, our trainer can write a program for you to use in the comfort of your own home. We can help you meet your needs and goals. All training sessions are focused on your goals and our trainer will work with your schedule. Annual members receive a 25% discount on training services.

Our Fitness Room includes a complete weight room with cable and hand weights, medicine balls, exercise balls, exercise bands, stretching mats, treadmills, recumbent bicycles, and elliptical training machines!

Personal Training Sessions

Just what it sounds like! Schedule your training with the PAFC personal trainer, focusing on whatever fitness development you desire. A fitness consultation and assessment is included on request. All training sessions must be used within six months from purchase.

Personal Training Sessions may be scheduled in 30 minutes, 45 minutes, or 1 hour increments and can be Private (1 student), Semi-private (2 students) or Family/Friends (3-6 students).

Weight Training Class

Want to get fit? Discover how to maximize your time and your results. Learn basic exercise guidelines for safe, effective workouts to target your individual needs. Each class will include a short instruction, a guided warm-up, and work out. Included in each session is a free fitness assessment to help track your progress.

Fitness Room Orientation

Feeling Overwhelmed or intimidated? Take a tour of our fitness room with our trainer, they will give a tutorial on all the equipment, go over safety guidelines, and answer any questions. Come in comfortable clothes, tennis shoes, and something to take notes with. This is a free clinic intended for all new members and 14-17 year old participants. All current members are eligible to register.

Group Personal Training

Interested in developing and meeting your personal fitness goals? Join our ACE Certificated personal trainer, to take your health and fitness to the next level.

Evening Circuit Weight Training

Come join in the evenings for a fun and upbeat workout throughout the fitness room! Interval Training alternates working different muscles during one workout with minimal rest.

For more information, call 509-338-3290.