

## Welcome to the Lake Shore Central Fitness Center!

The Fitness Center is located in the  
Athletic wing of the Sr. High School  
959 Beach Rd.  
Angola, NY 14006

Members must live in the Town of  
Evans, Town of Brant, or be a Lake  
Shore Central School District  
Resident.

If you would like to register, please  
visit the school website  
<http://www.lakeshorecsd.org> under  
the Community Education tab or  
stop in the Community Education  
Office:

W.T. Hoag Educational Center  
42 Sunset Blvd, Angola, NY 14006  
Office Hours: 8 am – 4 pm

### FITNESS CENTER DAILY OPERATIONS

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#### MONDAY - FRIDAY:

Morning Hours: 6:00am – 7:30am

Evening Hours: 6:00pm – 9:00pm

#### SATURDAY:

Hours: 8:00am – 2:00pm

### MEMBERSHIPS

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**Full Membership** - \$80/year  
(includes track and weight room)  
\*Only \$6.67 a month!\*

**Track Only Membership** - \$20/year  
\*Only \$1.67 a month!\*

\*All members must fill out a  
registration form and sign the waiver  
before participating in the Fitness  
Center.

### GENERAL FITNESS ROOM GUIDELINES

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- No food or gum allowed in the Fitness Center.
- Please wear appropriate clothing (refrain from anything that hangs or is sharp).
- No horseplay.
- Please use equipment properly.
- Notify the attendant of any machinery that is not working properly.

- Students must be 13 years of age to have a full membership.
- Anyone under the age of 18 must be accompanied by a member parent or legal guardian during community hours.

### MACHINE AND CARDIO AREAS

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- Make sure pins are securely in place before lifting.
- 30 minute time limit when room is crowded.
- Please wipe down equipment when finished with the provided spray and paper towels.

### SAFETY

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- Please follow the rules.
- Do not use equipment that is broken and report any damage to the attendant.
- Please report any injuries to the attendant immediately.



# LAKE SHORE FITNESS CENTER



**Building/Program Administrator:**  
Christine Starks

**Secretary:**  
Teresa Maiorana  
(716) 926-2270

**Location:**  
Lake Shore Senior High School  
959 Beach Road  
Angola, NY 14006  
(716) 926-2267