

# Highlands Fitness Center

## Summer Updates – 2016

As the end of the fiscal year draws near, we would like to remind you of a few important items regarding the Highlands Fitness Center.

The Fitness Center will remain open during normal hours for the duration of the summer with the exception of a two week summer maintenance closure and Holidays. As a reminder, these hours are as follows:

**Monday – Thursday: 5:30 pm to 8:30 pm**

**Saturday: 9:00 am to 1:00 pm**

**Scheduled Summer 2016 Closures:**

**Memorial Day: Monday 5/30 – Closed**

**Labor Day: Monday 9/5 – Closed**

**Fitness Center (2 week) Maintenance Closure: Saturday 6/25 – Saturday 7/9**

The Fitness Center will be closed beginning Saturday, June 25<sup>th</sup>, and will remain closed through Saturday, July 9<sup>th</sup>. If you were not already aware, every year, The Kentucky High School Athletic Association prohibits high school athletes from participating in any organized physical activity during this time period (commonly referred to as the “dead period”). In order to ensure that athletes are not tempted to partake in workouts on the premises of Highlands High School, we feel that it is necessary to close the Fitness Center during this two week span. We apologize for any inconvenience that this may cause.

Lastly, we would also like to remind you that it is almost time to think about renewing your membership at the Fitness Center. Again, your current membership will be effective until Thursday, June 23<sup>rd</sup>. If you would like to purchase a membership for the following year, you may do so starting Monday, July 11<sup>th</sup>. This will also be the first day that the Fitness Center is open for the 2016/2017 year. Membership prices are as follows:

**Adults: \$100**

**Senior Citizens: \$60**

**Students: \$20**

This is a one-time fee that allows for a membership, effective until the end of June 2017.

### **How do I stay in touch with the Fitness Center?**

Use the Remind101 messaging system. All you have to do is Text: **81010** with the message: **@highlandsf**. It's that simple. You will now receive updates as needed from the Fitness Center regarding hours, closures, etc.

### **Questions?**

If you have any questions, do not hesitate to contact Mike Rouse, Fitness Center Coordinator, by phone @ 859-815-2689 or by email, at [mike.rouse@fortthomas.kyschools.us](mailto:mike.rouse@fortthomas.kyschools.us).