



# HOPE MILLS PARKS AND RECREATION

5766 Rockfish Road, Hope Mills, NC 28348 (910) 426-4109 [townofhopemills.com](http://townofhopemills.com)



## FITNESS ROOM

### HOURS:

**Mon – Fri** 8:00 am – 8:30 pm  
**Saturdays** 9:00 am – 5:00 pm

### COSTS:

**Ages 18-54** \$3/day  
**Ages 55+** No cost

The Hope Mills Parks and Recreation Department is proud to offer a brand new, updated Fitness Center for 2020! Visitors will have access to two treadmills, two ellipticals, one seated elliptical and one recumbent bike. For those looking to expand their workout regimen, the new Center will include circuit training equipment, TRX suspension straps, free weights, medicine balls, kettlebells,

resistance tubing and foam rollers or mats for stretching and recovery. Complimentary orienta-

tions are available by appointment with Monika Cotter of Under Construction Personal Training, [under-construction83@hotmail.com](mailto:under-construction83@hotmail.com). Stop by the front desk to fill out the registration form.