



FAQ's

Q What kind of classes do you offer?

A A variety of fitness classes taught by certified instructors are offered throughout the week including, Yoga, chair classes, Zumba, Strength classes and more. The schedule can vary month to month. An updated calendar is provided at the beginning of every month.

Q What age do you need to be to work out in the Fitness Center?

A Participants must be at least 14 years of age to use the Fitness Center, unless otherwise noted.

Q Do you have tanning beds?

A Tanning beds are not offered at the Fitness Center.

Q What attire do I need to wear to work out in?

A Wear comfortable clothes that allow you to move, stretch and sweat, but nothing too baggy that it will get caught in equipment. Closed toe, athletic type shoes are required.

Q Do you provide showers?

A We currently do not offer showers at the Fitness Center although it is in our phase 2 expansion plan.

Q How do I cancel my membership?

A You can cancel your membership by completing a cancellation form that can be obtained from either a Fitness Attendant or the Park Office. You may also email fitness@newhaven.in.gov and request in writing that your membership be cancelled. Memberships are not prorated and will take effect at the end of your current session.

Q Can I bring a guest to work out with me?

A Sure! We offer a 1X "Try it Free" pass for any new participants. The participant must complete a waiver to use the facility. We also offer drop in rates and punch cards that discount the drop-in rate.

Q Do I sign a contract when I sign up for my membership?

A There is no contract when signing up for a membership. There is no cancellation fee either. New members will pay a one-time enrollment fee and as long as they don't allow their pass to become inactive, will not have to pay that fee again!

Q What payment options are available?

A Sign up for a month or a year or anywhere in between. We offer a discounted Annual membership and if you sign up with Auto Enroll, you will receive the rest of the current month free!