Other features

- Air conditioning
- Flat screen TV's
- Stability balls
- Kettlebells
- BOSU Balance Trainers
- Balance Disc
- Resistance Bands
- Well Lit Parking Lot
- Cameras
- Very Clean Facility
- Restrooms

It is expected that members pick up after themselves and keep the fitness center tidy and clean, any misuse of key fobs can result in immediate termination of membership without refunds.

When memberships end it is expected that key fobs are returned.

The 8 lane track is available to the public except for during events that are held on the track.

If you are interested in a tour or membership please email kmessner@constps.org for an appointment.

Memberships

May be purchased by appointment.
Check/Credit Card

Please bring proof of identification. It is expected that key fobs are returned at the end of membership term.

The Constantine Community Fitness Center is not staffed. Use at your own risk.

Like us on Facebook



Updated 8.6.24

CONSTANTINE COMMUNITY FITNESS CENTER



Helping you make a life long commitment to be:
"FIT 4 LIFE"

OPEN Almost 24/7

260 W. 6th Street
Constantine, MI 49042
269.435.8900

Interested in a Membership?
Email: kmessner@constps.org

*One way entrance off Canaris Street. Door is located at the south end of Constantine Middle School, by the baseball field.

Constantine Community Fitness Center

In 2008, a donation was dedicated to resurface our 8 lane all-weather track and renovate the middle school wrestling room into a “Community Fitness Center” to be utilized by students and community. The generous funds for this project came from Banks Hardwoods, Inc., and its owner Mr. Steve Banks. The focus of the Constantine Community Fitness Center is “Community” use.
Our Mission: To improve our community by offering an affordable means to create and maintain healthy lifestyles for individuals and families.
In 2015 CCFC changed to “swipe card” style membership to better facilitate the community.



TOP OF THE LINE MATRIX® FITNESS EQUIPMENT

- **Cardiovascular Equipment:**
  4 Treadmills
  4 Upright Bikes
  4 Elliptical Trainers
  2 Steppers
  2 Ascent
  Trainers
  2 Concept 2 Rowers

- **16 Matrix Strength Machines**:
  Hip Adductor (inner thigh)
  Hip Abductor (outer thigh)
  Leg Extension
  Seated Leg Curl
  Chest Press
  Abdominal Back Extension
  Arm Curl
  Triceps Extension
  Seated Row
  Lat Pulldown
  Shoulder Press
  Lateral Raise
  Rear Delt/Fly
  Assisted Pull Up
  Dip Leg Press

- **Free Weight Equipment:**
  Legend Olympic Four Way Bench
  Legend Olympic Three Way Utility Bench

Membership Fees

Individual Rates:
(a person 18 years of age and out of school)

- 3 month-$45
- 6 month - $80
- 1 year-$150

Affiliate Group Rates:

- Constantine Public Schools staff & spouse
- Chartwell employees & spouse
- Seniors (60 yrs. and over)
- Veterans & Active Military personnel
- Students age 14-18 with a legal guardian (please provide proper identification)
  - 3 month-$35
  - 6 months -$65
  - 1 year-$120

Hours of Operation

The fitness center is open ALMOST 24/7, except during school hours as the room is used as a classroom during the day, 7:30 AM-3:30 PM.

24/7 includes holidays, school closures (if the parking lot is accessible), school breaks and during the summer.

There is not an attendant on duty. You workout at your own risk. Proper use of equipment placards are on each machine.Training on the equipment can be done by appointment.

Students 14-18 must be accompanied by their legal guardian to be on the premises, both must be members.