

Community Exercise Facilities

Robert A. Lee Community Recreation Center (Rec Center)

220 S Gilbert Street
Iowa City, IA 52240
(319) 356-5100

<http://icgov.org/PR/>

Open from Monday-Saturday: 6 am - 9 pm, Sunday: 1-8 pm



Exercise/Weight Area: Multi-station Precor weight gym, Lifecycles, Schwinn Air Dynes, Nordic Tracks, Stair Masters, Woodway treadmill, Hydra-Gym Pro-Row, Gravitron arm curl and shoulder press machines. Due to the nature of the equipment children 15 years of age or under must be accompanied by a responsible adult 16 years or older.

Scanlon Gymnasium Exercise Room (Mercer Aquatic Center)

2701 Bradford Drive
Iowa City, IA 52240
(319) 356-5109

<http://icgov.org/PR/>

Open from Monday-Friday: 6:30am - 9 pm, Saturday & Sunday: 11 am - 8pm



Exercise/Weight Area: Precor home strength trainer, Precor elliptical machine, True treadmill, Stairmaster treadmill, Schwinn Air Dyne bike, 3, 5, 8, 10, 15, 20 pound dumbbells, Stability Ball, and exercise mats. Fitness Room is free to all patrons over 16 years-old. 12-15 year-olds must be with an adult.

Coralville Recreation Center

1506 8th St.
Coralville, IA 52241
(319)248-1750

<http://coralville.org/>

November 2006 through March 2007: Monday-Friday: 7:00am-9:00pm, Saturday: 8a.m.-9 pm, Sunday: 12 pm. -9 pm.



Exercise/Weight Area: Precor Weight Machine, Treadmills, Stair Climber, Elliptical, Recumbent Bike and Exercise Bike. \$1.50 per daily use.

North Liberty Recreation Center

520 W. Cherry Street
North Liberty, IA 52317
(319) 626-5716

<http://www.northlibertyiowa.org/rec/index.htm>

Monday - Friday: 6am - 9pm, Saturday & Sunday: 10am - 8pm



Weight/Exercise Area: Three-lane track, one mile is approximately 8.5 laps. Includes 3 PreCor treadmills, 3 EFX crosstrainers, 2 stair steppers, 3 exercise bikes, a multi-use weight station, free weights, chin/dip station and pull-up bar, 10 pieces of Nautilus weight equipment. All weight/exercise equipment is on the upper level. For high school-aged and older users. Anyone using weights and/or cardio-vascular equipment must pay the following user fees:

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| Daily Walk-in Fees: | Residents: Individual (59 & Under) \$ 1.50 Non-residents: \$2.50 |
| | Senior Citizen (60 & Over) Residents: Individual \$ 0.75 Non-residents: \$1.25 |
| 10-Visit Punch Card: | Residents: Individual (59 & Under) \$ 10.00 Non-residents: \$15.00 |
| | Senior Citizen (60 & over) Residents: Individual \$ 5.00 Non-residents: \$10.00 |

*Weight punch cards expire 6 months after purchase date.

University of Iowa Recreational Services Field House

E216 Field House
Iowa City, IA 52242
(319)335-9293

www.recserv.uiowa.edu

Monday-Friday: 6am-11pm, Saturday & Sunday: 8am-11pm



Weight/Exercise Area: Multi-use weight station, weight machines. (Rental of weight pin for equipment is free with photo ID.) Indoor track, one mile is approximately 10 laps.