

# Life Fitness Center



**Mission Statement** To provide outstanding fitness and recreation opportunities for all.



**2222 Middle Road**  
**563.344.4119**  
[www.lifefitnesscenter.org](http://www.lifefitnesscenter.org)  
[www.facebook.com/bettlfc](http://www.facebook.com/bettlfc)

## AMENITIES

8-Lap Mile Indoor Track (Largest in the QC Area!)  
Three (3) Indoor Tennis Courts  
Activity Pool for Classes, Lap Swimming,  
Family Swims, Lessons, & Rentals  
Air Conditioned Cardio Rooms  
Three (3) Weight Rooms  
(Including Cybex and Free Weight Equipment)  
Three (3) Basketball Courts  
Locker Rooms with Saunas and Showers  
Personal Trainers and Certified Class Instructors  
Birthday Party Packages

### WINTER HOURS

September 3 - May 24  
Monday-Thursday  
5am - 9:30pm  
Friday 5am - 8pm  
Saturday 6am - 5pm  
Sunday 8am - 5pm



## No Initiation Fee!

- Guest passes
- Free morning coffee
- Family swim times
- Wellness fairs
- Monthly Blood pressure checks
- Tennis court reservation privileges
- Reduced class fees
- Discount promotions
- Membership Appreciation Events & Annual Wellness Week
- Free Fitness Equipment Orientation
- Free seasonal popcorn Fridays
- Free Wi-Fi
- Early bird class registration