KING PHYSICAL EDUCATION CENTER

GYM AND WEIGHT ROOM HOURS:
MONDAY – THURSDAY 9 AM – 1 PM AND 2 PM – 8 PM
FRIDAY 10 AM – 6 PM
SATURDAY 12 PM -6 PM
SUNDAY CLOSED

POOL HOURS:
MONDAY – THURSDAY 12 PM – 7 PM
FRIDAY 12 PM -7 PM
SATURDAY 12 PM -6 PM
SUNDAY CLOSED

FACILITIES WILL BE CLOSED TO ACCOMMODATE ALL SCHEDULED CLASSES
FOR MORE INFORMATION CONTACT CONTINUING EDUCATION AT 940-552-6291 EXT. 2210

FITNESS & AQUATICS
A free King Center membership is included in the cost of tuition for all fitness classes.

Water Aerobics
This class is designed for exercise in a less strenuous way. It is a great workout for any age.

9/8-11/5 5:30 PM-6:30 PM TR $75

Yoga
Whether you need a relaxation break from your busy lifestyles or are interested in using certain poses to de-stress, practicing yoga is a beautiful way to center yourself. The only thing better? When you can also use yoga to target exactly how you want to improve your body, too.

TBD 5:30 PM-6:30 PM TR $60

The King Center will be closed on the following dates:

September 4th-6th
October 12th
November 24th-28th

Any additional closures will be posted as soon as possible.

King Center Memberships:
August 30th – December 16th

Individual: (For persons 16 years & up) $50
Husband & Wife: $75
Senior: (For persons 60 years & up) $25
Family: $100

(For persons living in the same household. Children under the age of 13 must have adult supervision in the pool. Members must be at least 16 years of age to use the weight room.)

If you are interested in becoming a member of the King Center, here’s what you need to do:
1. Register with Admissions located in the Osborne Administration Building, Monday- Thursday 8am-5:30pm (you will need the social security number of each person you wish to register)
2. Go to Business office to pay and have your Student I.D. made.
3. All members and students will be required to show their I.D. cards at the King Center for access every time.

Check with your insurance provider to see if you are eligible for the program.