

## TPC FITNESS ROOM



The Tolles Parsons Center Fitness Room is officially open for **paid members**. Currently use of the Fitness Room to Wellesley residents age 60 and older.

Membership fee is \$25 for 6-month membership or \$40 for 12-month membership. Payment can be made by cash, check or credit card. Orientation sessions are **by appointment** every Tuesday afternoon from 2:00pm-4:00pm. If you are a Wellesley resident interested in using the fitness room, please call to schedule an orientation session: 781-235-3961.

In addition to completing orientation, all members are required to read and sign our TPC Fitness Room registration form, policy, and Fitness Room release / participant agreement. Forms are distributed at the orientation sessions.

Equipment in the Tolles Parsons Fitness Room	
1	Upright Cycle
1	Recumbent Cycle
1	Treadmill
1	Elliptical
2	Sci-Fit Total Body Recumbent Stepper
1	Weight Bench with dumbbells of varying weights

*The Wellesley Council on Aging extends deep appreciation to the Almira N. Simons Fund for providing a substantial donation for the purchase of the fitness equipment.*



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