Senior Fitness Center

Monday through Friday

8:30 AM - 1:30 PM
**Address:** 4620 Seneca Street
**Phone:** 558-2258

The West Seneca Senior Fitness Center is a state-of-the-art fitness and health facility, located in the lower level of the Senior Citizen Center. The monthly membership is currently $10.00 and may be covered by your Health Insurance provider.

We welcome our NEW Fitness Instructor Jenifer Stanek!
She is a certified trainer is available to personalize your training and to offer group exercise classes to maximize your health benefits. The Strength & Flexibility Classes are available for an additional nominal fee.

Fitness Center Features:
A 71’x 78’ fitness area provides a Walking Track, approximately 72’x60’ around the circumference of the Gym Area. The Walking Track has a non-slip walking surface with sufficient cushioning to ease the load on knees and hips.

The exercise/recreation area contains:

* Walking Track
* Aerobic Area with 6x30 Mirror
* Rowing Machines
* Nautilus Elliptical Steppers
* Recumbent Bicycles
* Star Trac Treadmills
* Bocci Ball Court – 6’ x 30’
* Shuffleboard Court – 4’ x 28’ built into the floor

Amenities Include:

* Striking paint scheme in various horizontal and vertical stripes.
* Superinposed on the walls are white abstract figures consistent with the fitness theme.
* The ceiling has 104 fluorescent light fixture in groups of 8 or 12 which features Sky Panels, with the remainder of the ceiling in Star Command Blue.
* Track lighting around the perimeter focuses on the abstract fitness figures, further adding brightness to the area.
* An AVD/DVD system features two large screen displays, for viewing motivational DVD’s or watching regular televison fare while walking/working out.