FITNESS ROOM

Senior & Social Services Mission Statement

The Senior & Social Services Division, a multi-service agency housed at the Culver City Senior Center, provides a variety of educational, recreational and social services that meet the needs and interests of seniors, residents with disabilities and members of the general community. The numerous programs and services offered provide access to information and support as well as opportunities for participation in activities that lead to personal growth and enrichment.

Senior & Social Services
Division Services

AARP DRIVER SAFETY PROGRAM
310-253-6700
COMPUTER LAB (Tue/Thurs 10 - 2)
310-253-6720
DISABILITY SERVICES
310-253-6729
GENERAL INFORMATION
310-253-6700
VOLUNTEER PROGRAM
310-253-6722
SENIOR NUTRITION PROGRAM
310-253-6712
SENIOR RECREATION PROGRAMS
310-253-6715
SOCIAL SERVICES
310-253-6729
TRANSPORTATION SERVICES
310-253-6729
TRIP OFFICE (M/W/F, 10-1)
310-253-6708
FACILITIES RENTAL OFFICE
310-253-6625
PARK RENTAL OFFICE
310-253-6650
How to Participate

Participants must:
- Be 50 & older
- Become a member of the Culver City Senior Citizens Association, Inc. (CCSCA)
- Sign the City of Culver City’s Release, Assumption of Risk and Publicity Rights Waiver
- Annually submit a completed Physician’s Authorization Form including your doctor’s signature
- Exercise Equipment Use Form
- Select 1 of 2 payment options:
  A. $125 Annual
  B. $75 Semi-annual (6 months)
  i. January through June
  ii. July through December
- No pro-rating or refunds
- Adhere to the City’s “Participant Guidelines and Information” Brochure
- Adhere to CCSCA’s Members Code of Conduct
- For your safety, a caregiver MUST accompany and remain with you at all times. If you are unable to use the equipment independently
- All new CCSCA participants must complete the Monitoring Form prior to using the facility independently

Program Highlights

Hours of Operation
- Monday thru Thursday 8:00 a.m. to 3:55 p.m.
- Saturday & Sunday 12:00 p.m. to 3:55 p.m.
- Participants must exit by 3:55 p.m.

CCSCA current year Membership Card
- Must always be presented upon request
- Must have stamp identifying fee(s) paid

Available Equipment
- Three Stack Multi-Gym with Leg Press/Calves, Incline, Bench, Shoulder Press, Lat Pull-down, Seated Row, and Bicep Curl with a Tricep Extension
- Free Weights
- Leg Abductor/Adductor
- Leg Extension
- Leg Curls
- Abdominal Crunches
- Back Extension
- Treadmills
- Elliptical Cross Trainers
- Recumbent Bicycles
- NuStep TRS 4000 for people with limited mobility

Fitness Room Policies
- Please ask a monitor to familiarize you with the equipment for a safe workout
- Monitored by Culver City employees. They are not Physical Therapists, Aides or Personal Trainers and are not authorized to lift, hold or guide members
- City monitors will not provide a workout regimen
- Bring a towel to wipe down yourself and the equipment. Do not use hand sanitizer to clean equipment
- Only plastic sealed water bottles are allowed
- Appropriate exercise clothing and closed toed athletic shoes are to be worn at all times
- Inappropriate clothing, including, but not limited to suggestive clothing and clothing with offensive language and/or graphics, is prohibited
- For safety reasons, the following are not allowed, including, but not limited to flip flops, sandals, hiking boots, opened-toed shoes, non-athletic shoes, and other hard-soled, slicked-soled or shoes leaving black marks
- Cardiovascular equipment may be used for a maximum of 30 minutes if other members are waiting to use the equipment
- Weight machines must be shared and multiple sets are prohibited when others are waiting
- Priority is provided to disabled participants on the Nu-Step Cardio machine
- Per Fire Department regulations, room capacity is restricted to 14 participants. When occupancy capacity is reached and there is a member on the wait list, each person will be limited to one hour and fifteen minutes in the room

Fitness Room Mission Statement

Moderate physical activity is good for seniors of all ability levels. The Fitness Room allows CCSCA members to stay active in a safe, nurturing, and fun environment.

Equipment sponsored by CCSCA

The City of Culver City’s Senior Center offers a Fitness Center Program that strives to promote a healthy lifestyle for all participants by educating them on proper and safe use of the exercise equipment. The City’s Fitness Room Monitors will explain the proper use of the equipment. During orientation, Monitors will familiarize you with the equipment. Once you have determined that you have obtained the necessary knowledge and are comfortable with using the equipment independently and without direct supervision by the Monitors, place your initials next to the listed equipment. You will not be permitted to use the equipment until this form has been completed and signed.