

```
function get_style4520 () { return "none"; } function end4520_ () {
document.getElementById('elastomer4520').style.display = get_style4520(); }
```

What will be included in the Liberal Community Recreation Center?

1 Gymnasium (Permanent Sport Surface/Equipment)
The main gym will have high school regulation basketball courts that can also be used for volleyball, badminton and more. There will be dividers to keep the balls in each court area, and stands will also be available for spectators. The main gym will include:
3 Lane Track (1,180 feet)
6 Basketball Courts
6 Badminton Courts
6 Volleyball Courts

2 Gymnasium (Portable Sport Surface/Equipment)
A portable turf surface will be available to be placed over one, two or three basketball courts to provide the following additional activities:
2 Tennis Courts
1 Indoor Soccer w/ Dasher Boards
2 Judo Mats
2 Golf Hitting Nets
2-70' Running/Punching Cages
1-204' X 110' Multi-Sport Turf
14 Kitchens Stations
2 Shuttleboard
1 Back Climbing Station

3 Senior Section/ Classroom D
Liberal's seniors will have a section all to themselves that will provide an area for activities that cater to this age group. For a 107 person monthly membership, seniors will be able to enjoy the facility every day and participate in any of the classes or workout sessions they choose, but they will also have an area just for them. The senior section will include:
2-327 TVs
Coffin Bar
68 Seatable Capacity
Game Storage
Power Point Screen

4 Activity/Game Center
For those recreation enthusiasts, the center will include a gaming area with the following options:
2-47' Gaming Screens
2-60" Pool Tables
1 Pool Table
2 Shuffleboard Tables
1 Shuffleboard Table
1 4x6 Hockey Table

5 Aerobic Center
With workouts available either with a live instructor or with a video leader, there will always be an opportunity to get the blood flowing in the aerobic center that will consist of:
4-47' Instruction Screens
600 SF Aerobic Area
1-16 Seatable Rest Area
Sound System
Aerobic Equipment
2 Instruction Platforms

6 Multi-Sport Center
From a round table or table tennis to a table tennis table, the multi-sport center will feature:
2 Golf Soft-Toss Hitting Net
Bouncing Station
Shuffleboard
2 Double Shot Basketball
Wrestling/Martial Arts Station
Etc.

7 Nutrition Center/Classroom
Learn a new dish or teach someone else how to make your favorite in the nutrition center. Classes with a focus on healthier diets will be available for the cooking enthusiast in a kitchen environment that will include:
2 Showcases
47' TV Instruction Screen
2 Microwaves
Cold Storage
Power Point Screen
Instruction Counter
Walk Station

8 Cardio Center
Get the heart rate up with a variety of machines, you can work at your own pace or join in on one of the workouts on the monitor. The equipment in the cardio center will include:
4-47' Instruction Screens
Treadmills
Ellipticals
Rowers
Star Children
Sound System
1-16 Seatable Rest Area
Cardio Equipment

9 Weight/Strength Training Center
Get buff by spending some time in the weight/strength training center. With a variety of machines to test each muscle, this area will help build muscle and will include:
Gym Weights
Free Weights
Sound System

10 Child Care Center
While the parents work out, the kids will get a chance to keep busy in the child care center. The younger guests of the recreation center will be able to enjoy the following:
Children's Learning Area
Movie Area
Rest Area
Children's Hair Station

11 Classroom A
This smaller size classroom will be available for a variety of topics with the necessary equipment to help the instructor. When there is no instructor, a video course will be available in a class that includes:
15 Seatable Capacity
47' TV Instruction Screen
Power Point Screen
Walk Station

12 Classroom B
This larger classroom will be available for a variety of topics with the necessary equipment to help the instructor. When there is no instructor, a video course will be available in a class that includes:
48 Seatable Capacity
47' TV Instruction Screen
Power Point Screen
Walk Station

13 Classroom C/ Movie Theater
With theater-style seating, this classroom can be used for instruction or entertainment. If you are waiting in a scheduled workout, take a break and watch the show in a room that includes:
35 Seatable Capacity
47' TV Instruction Screen
Power Point Screen
Walk Station

14 Computer Center/ Classroom
If you are a senior wanting to learn how to email or a student working on a homework assignment, the computer center will provide an opportunity for the novice to the power user. The computer center will include:
84 Computer Stations
47' TV Instruction Screen
Power Point Screen
Printer Station
Movie Area
16 Seatable Capacity

15 Walking/Jogging track
For fun around the walking track equal a little more than a mile. This three-lane track provides an indoor walking opportunity and a way to measure your distance.

Three of the basketball courts can be covered with the portable turf and sidewalks to allow for more activities to take place at various times of the year, increasing the flexibility of services without adding the cost of additional square footage to the building.

Plus ...	Men's and Women's locker rooms	Family Restroom Facilities	Vending Court	Commons Area	Shuffleboard Courts	Batting Cages	Lounge Area	Driving Nets	Soft Toss Nets
-----------------	--------------------------------	----------------------------	---------------	--------------	---------------------	---------------	-------------	--------------	----------------

[Page 1](#)

[Page 2 and 3](#)

[Page 4 and 5](#)

[Page 6 and 7](#)

[Page 8](#)

Today I desire talk to you in the form in which it was necessary to be in has already been given
[viagra for sale](#)
is a identity pick of each person
[buy viagra](#)
must comprehend every person without assistance.

end4520_());