

Summer Maintenance Special!



Only \$19 per month

Includes....

- Access to the facility on **Tuesdays, Thursdays, and Saturdays** only.
- **Group Land Exercise** – morning, noon, and night classes for all levels and abilities including Yoga, Pilates, Step, and much more.
- **Group Water Exercise** – including deep water aerobics, Water Yoga, cardio splash, and much more.
- **Fitness Room** – includes cardio and strength machines by Star Trac™ as seen on the Biggest Loser. Our fitness room also includes a separate Free Weight area.
- **2 indoor pools** including our 90 degree CG Pool- both equip to accommodate the needs of those with limited mobility.
- **Whirlpool**
- **Basketball Court**
- **Racquet Ball Court**



ywca
Glade St.