

## **FACILITY AMENITIES INCLUDE:**

- 25-yard 5-Lap Lane Swimming Pool
- Family Swim
- Gymnasium
- Fitness Center
- Computerized Personal Trainer: FitLinxx
- Cybex Strength Equipment
- Free Motion Strength Equipment
- Hammer Strength Free Weights
- Cardiovascular Equipment
- Whirlpool, Sauna & Steam Room
- Group Exercise Classes
- Water Fitness Classes
- Fitness Assessments
- Personalized Exercise Programs
- Free Child Care while you work out
- Teen Center
- Summer Day Camp
- Children & Adult Sports Leagues
- Children/Adult Swim Lessons
- Family Activities/Special Events
- Senior Fitness Classes & Activities
- Reduced Facility program fees
- 25-Foot Climbing Wall
- Family Fun Outdoor Pool