

## A Special Offer for:



Our Wellness Center features a variety of equipment to meet all your exercise needs.

Heated indoor 25 meter lap pool with a poolside handicap lift, therapy hot tub, sauna and steam room with Eucaplytus and Cold Therapy tub.

Cardio Loft with Precor circuit training equipment, elliptical trainers, recumbent bikes, treadmills, concept 2 rowing machines and Schwinn Aerodyne tub.

Fitness studio with Bosu balls, yoga mats and blocks, kettle bells, resistance bands, boxing bag and Schwinn spin bikes, glides and Live H2O Oxygen Therapy

Free weight room featuring dumbbells, free weight benches, Smith Machine, cable crossovers, power cage and more!

Chi machines, inversion table, and vibration therapy machine to increase metabolism and improve circulation for those who have physical limitations.

Outdoor fitness equipment to be used with personal trainer ONLY.

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- Outdoor Training Area with TRX, battling rope, speed hurdles, agility ladders, rope pulley system, weighted sled and more.
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- Child & Minor Guidelines
- No one under the age of 12 is allowed in the Indoor Pool & Fitness Center building. Those between 12-16 years of age
- must have an adult with them at all times.

Contact:

Jordan Pryor  
CPR/AED, AFFA, LIFC  
941.264.1848

**Month by month Membership**  
**\$35 per month**

**No joining fees**  
**No club maintenance fees**  
**No cancellation fees\***

**\*30 day notice required**

**\$299 1-Year PrePaid**



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Monday-Friday 5:30AM-9:00PM • Saturday & Sundays 7AM-7PM  
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