

Level 1 Membership

Includes:

- Use of cardio equipment – elliptical, treadmills, stationary bikes, and more
- Use of weight lifting machines, Kinesis, and free weights at both facilities
- Group Fitness and Boxing Classes:
 - Fitness Boxing, Boot Camps, Yoga, Beyond Barre, Strength Camp, Cycle, Zumba, Water Aerobics, Senior classes and more
- Child Care when child is on the membership. Additional fee if child is not a member.
- Indoor Pool - when lanes are available
- Sauna
- Whirlpool
- Indoor Track
- Basketball Courts – when courts are available
- Indoor Turf Field – when available
- Racquetball Courts
- Locker Rooms
- Use of Yoga studio when classes are not in session
- Use of Group Fitness studio when classes are not in session
- Use of Cycling Studio when classes are not in session
- Batting cages

Services Available with an Additional Fee:

- Personal Training
- Swim Lessons (Reduced Fee with membership)
- Massages
- Youth Training
- Performance Training and classes for both Youth and Adults
- Baseball and Softball Lessons
- Football Lessons
- On Site Chiropractors
- On Site Physical Therapists
- Nutrition coaching with registered dietitian