

ELMWOOD FITNESS CENTER MEMBERSHIP

**INDIVIDUAL \$15 PER MO.
FAMILY \$25 PER MO.**

We welcome ages twelve and up.

Now offering AEROBICS CLASSES WITH SUSIE BLOOM

Including: Zumba, Turbo Kick, Spinning, and Pilates

In addition to our classes we offer:
Weight Room (complete with attendants)
Cardio equipment (treadmills, ellipticals, bikes, etc.)
Mats provided for floor exercises

COME JOIN THE FUN!!

Senior citizens are encouraged to attend. The morning hours are very popular for this crowd, and the attendants are there to help and cheer you on.

HOURS

MON.-FRI. 5-9 a.m. 4-9 p.m.

SAT. 7-9:30 a.m. and 11-3 p.m.

SUN 1-5 p.m.