



# New Year, New You!

Would you like to exercise in a non-intimidating environment with Exercise Specialists who care about your progress? Do you have a medical issue that requires you to need more attention while you are exercising?

**This is what we do best!**

**Join now for only \$299\* for one year!**

\*Offer valid January 1-31, 2018 for Stratford Borough Residents

## Membership Includes:

- Assessment in body fat measurement, height, weight, blood pressure, flexibility and submaximal stress test
- Specially designed workout to help get you started
- One free appointment with a personal trainer per month
- Blood pressure checks for those with a medical history

### Our Facility

- 1/18-mile hard rubber indoor track, stretching and abdominal area
- Swiss balls, medicine balls, hurdles, balance boards, therabands, body bars, Reebok steps
- Exercise mats
- Kettle bells
- TRX suspension training

### Cardio Room

- Treadmills
- Recumbent bicycles
- Schwinn spin bikes
- Cybex arc trainer
- Elliptical trainers, standing and seated
- Nu-step cross conditioner, seated
- UBE (upper body ergometer)
- StairMasters
- Concept II rowing ergometer

### Weight Training Room

- Cybex and Hoist machines
- Free weight training area
- Power rack
- Cybex weighted pulley system

Wellness & Fitness Center  
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