

FITNESS ROOM



AGES 16 & OLDER

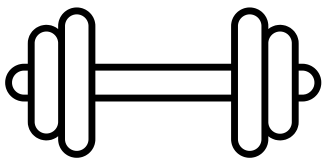
COME WORKOUT IN OUR FITNESS ROOM!!

You **MUST** be a registered member to use this facility.

HOURS

MON: 6 A.M.- 8:45 P.M.
TUES: 6 A.M.- 8:45 P.M.
WED: 6 A.M.- 8:45 P.M.
THURS: 6 A.M.- 8:45 P.M.
FRI: 6 A.M.- 6:45 P.M.
SAT: 9 A.M.- 2:45 P.M.
SUN: 10 A.M. -2:45 P.M.

***TIMES SUBJECT
TO CHANGE***



MEMBERSHIP FEES

ONE YEAR: \$100
SIX MONTH: \$60
THREE MONTH: \$40
DAILY DROP-IN: \$5



EQUIPMENT

LANDICE TREADMILLS
OCTANE ELLIPTICAL
NU STEP BIKE
SPIN BIKE
MULTI FUNCTION LEG MACHINE
FUNCTIONAL TRAINER & PRESS
FREE WEIGHTS
DIP MACHINE
STAIR CLIMBER
FOUR SQUAT RACKS

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Contact the Recreation Center for more information at 410-632-2144 or recandparks.co.worcester.md.us