

Arlene B. Walter Health & Fitness Training Center

Specializing in women's fitness needs

- Cardio and weight training equipment.
- Friendly and experienced trainers. Equipment and workout routines to meet your personal needs.
- Clean, bright and friendly environment.

Kuehne Aquatic Center

Featuring aqua options for all ages

- "The best swim lessons in town" led by outstanding instructors recognized for addressing needs of swimmers of all ages.
- Two 88-degree swimming pools.
- Ramp-accessible exercise pool with resistance jets to enhance aerobic exercise and massage joints and muscles.
- Lap pool for lap swimmers, deep-water enthusiasts and new swimmers.

Basic Package: Fitness Center Plus Swim

1 year \$444

SAME AS \$37/mo.

1 year loyalty pricing \$396
 6 month \$252
 3 month \$156

- **Unlimited** use of the YWCA Fitness Center
- **Unlimited** use of Land Fitness Classes
- **Includes** Yoga and Pilates Classes
- **Unlimited** Adult Swim, Lap Swim and Open Swim for the package holder
- Use of two 88° swimming pools
- Use of the 103° whirlpool and the 88° whirlpool
- Fitness profile with a YWCA Fitness Trainer

Total Aquatic Package: Water Classes and Unlimited Swim

1 year \$444

SAME AS \$37/mo.

1 year loyalty pricing \$396
 6 month \$252
 3 month \$156

- **Unlimited** Water Fitness Classes
- **Unlimited** Adult Swim, Open Swim and Lap Swim for the package holder
- **Includes** Open Swim for package holder's family
- Use of two 88° swimming pools
- Use of the 103° whirlpool and the 88° whirlpool

Premium Package: Fitness Center and Total Aquatic

1 year • **SAME AS \$48/mo.** \$576

1 year loyalty pricing \$516

6 month \$342

3 month \$204

- **Includes** Open Swim for package holder's family
- **Unlimited** Adult Swim, Lap Swim and Open Swim for the package holder
- Use of two 88° swimming pools
- Use of 103° whirlpool and 88° whirlpool
- **Unlimited** Water Fitness Classes
- **Unlimited** use of the YWCA Fitness Center
- Yoga and Pilates Classes
- **Unlimited** use of Land Fitness Classes
- Fitness profile with a YWCA Fitness Trainer

Family Swim Package

- **Unlimited** Open Swim for package holder's family *Does NOT include Adult Swim or Lap Swim.*

1 year \$252

1 year loyalty pricing \$227

Fitness Center Punch Card

- Use of the Fitness Center
 - Use of Land Fitness Classes
 - Includes a short orientation with YWCA Fitness Trainer
- 10 Visits \$86

All punch cards may be used within six months of the purchase date.

Aquatic Fitness Punch Card

- Water exercise classes or Open, Adult and Lap Swim
- 10 Visits \$53
 10 Visits (Seniors 65 years and older) . . \$48
 6 Visits \$32

Day rate Fitness Center, Land Fitness, and Yoga or Pilates

Daily \$10

Day rate Water Fitness Classes

Daily \$10

Day rate for Adult Swim, Lap Swim and Open Swim

Family \$8.50 per visit
 Adult \$6.50 per visit
 Youth \$2.25 per visit