

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.
- 88-degree pool for lap swimmers, deep-water enthusiasts and new swimmers.

Fitness Center Package: Fitness Center ONLY

3 month \$69
1 month \$23

- **Unlimited** use of the YWCA Fitness Center
- Fitness profile with a YWCA Fitness Trainer
- **10% discount** on Land Fitness Classes

Eligible for **Family Swim Upgrade**

Basic Package: Fitness Center Plus Swim

3 month \$114
Loyalty 3 mo. Package* . \$102
1 month \$38
Loyalty 1 mo. Package* . \$34

- **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 the 88° swimming pool
- Use of the 103° whirlpool
- Fitness profile with a YWCA Fitness Trainer

Eligible for **Family Swim Upgrade**

Basic Aquatic Package: Fitness Center Plus Water Classes & Unlimited Swim

1 year \$458
SAME AS \$38.16/mo. ▲
Loyalty 1 year Package* \$408
6 month \$260
3 month \$161

- **Unlimited** use of the YWCA Fitness Center
- **Unlimited** Water Fitness Classes
- **Includes** H2OYoga and Water Pilates
- **Unlimited** Adult Swim, Lap Swim and Open Swim for the package holder
- Use of the 88° swimming pool
- Use of the 103° whirlpool
- Fitness profile with a YWCA Fitness Trainer

Eligible for **Family Swim Upgrade**

Total Aquatic Package: Water Classes & Unlimited Swim

1 year \$458
SAME AS \$38.16/mo. ▲
Loyalty 1 year Package* \$408
6 month \$260
3 month \$161

- **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 the 88° swimming pool
- Use of the 103° whirlpool

* Available to users who have previously purchased 1 year Packages.

Premium Package: Fitness Center and Total Aquatic

1 year **SAME AS \$49.41/mo. •** \$593
Loyalty 1 year Package* \$531
6 month \$352
3 month \$210

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

* Available to users who have previously purchased 1 year Packages.

Family Swim Package

- **Unlimited** Open Swim for package holder's family**
Does NOT include Adult Swim or Lap Swim.
- 1 year \$260
Loyalty 1 year Package* \$234

* Available to users who have previously purchased 1 year Packages.

new Family Swim UPGRADE

ONLY Basic, Basic Aquatic, and Fitness Center Package holders can add this *Special Rate* Family Swim Upgrade.

1 year \$60
6 month \$34
3 month \$21

Aquatic Fitness Punch Card

- Water exercise classes or Open, Adult and Lap Swim
- 10 Visits \$55
10 Visits (65 yr.s & older) . \$50
6 Visits \$33

Day Rate: Fitness Center, Land Fitness, and Yoga or Pilates

Daily \$10

Day Rate: Water Fitness Classes

Daily \$10

Day Rate: Adult Swim, Lap Swim and Open Swim

Family \$8.75 per visit

Adult \$6.75 per visit

Youth \$2.50 per visit

** Package holder's family are those who reside in the same household.