



Attn: PCSB Empolyees



change your body. change your life.

Amenities:

- STRENGTH TRAINING
- CARDIOVASCULAR AREA
- KIDS KLUB
- TANNING
- PERSONAL TRAINING
- WEIGHT MANAGEMENT
- EXTREME BLENDS JUICE BAR
- NUTRITIONAL SUPPLEMENTS
- SPORTSWEAR AND ACCESSORIES
- LOCKER ROOM FACILITY



PCSB Employees Only

NO CONTRACT AND NO ENROLLMENT FEES!

* Must present coupon to redeem rate.

\$29

monthly!

Club Hours:

Monday- Thursday 5:00 AM - 12:00 AM
 Friday 5:00 AM - 10:00 PM
 Saturday - Sunday 8:00 AM - 8:00 PM

Group Fitness Classes:

- ABS
- ABC PILATES
- ATHLETIC INTERVALS
- BODY COMBAT/ KICKBOX
- BOOT CAMP FITNESS
- CARDIO PUMP
- CARDIO DANCE

- FITNESS KARATE
- PILATES
- POWER PUMP
- STEP
- SENIOR FITNESS
- SPIN
- YOGA



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