



Washington Heights & Inwood

54 Nagle Avenue New York, NY 10040

www.ywashhts.org

Join the 'Y' HEALTH & FITNESS CLUB



CARDIO AND FITNESS EQUIPMENT PERSONAL TRAINING, EXERCISE CLASSES FULL BASKETBALL COURT



UJA Federation
of New York



Washington Heights & Inwood

54 Nagle Avenue

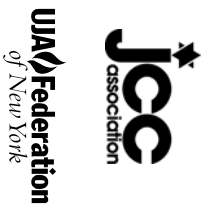
New York, NY 10040

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Phone: 212-569-6200

Pay upfront
and save

Join The "Y" HEALTH AND FITNESS CENTER



Sunday Sports Leagues, Fitness Classes, Infant & Toddler Programs & Nursery School,

Performing Arts for Children of all ages **CALL TO FIND OUT MORE!**

Call Rodger at 212-569-6200 x 255 for more info

PERSONALIZED CARDIO & WEIGHT ROOM



As a Community Health and Fitness Center, we offer a more personalized approach to our members and guests. We strive to provide you with friendly staff and equipment that is available in a comfortable and safe environment where you can achieve your Health and Fitness goals.

CARDIO ROOM:

Treadmills (CYBEX) - Elliptical Machines (CYBEX – PRE-COR) Recumbent Bikes (CYBEX) - Up-right Bikes (CYBEX) - Stair Masters.

Cardio machines are connected to the Television sets.

WEIGHT ROOM:

Circuit Training Equipment (CYBEX) - Smith Machine (CYBEX) Cross-Over Cable Machine (CYBEX) - Free Weights from 2 lbs up to 100 lbs. - Benches, Olympic Bars, Body Bars, Thera-band/Exercise balls, Medicine balls and more.

FULL BASKETBALL COURT



OPEN HOOPS FOR ADULTS: Open play for adults 18 years old and up. Every Monday and Wednesday from 7pm - 9:30pm

MEMBERS FREE - NON-MEMBERS \$5

NOTICE: For everyone's safety, no spectators allowed

EXERCISE STUDIOS



We offer the following classes with top-level instructors at reduced fees for Health & Fitness members. See separate registration form.

NIA - PILATES - KICKBOXING - YOGA - BOOTCAMP - BELLYDANCING - CAPOEIRA - SELF-DEFENSE - PILATES AND MORE...

ANNUAL FEES

Membership are for 1 year minimum.

	Monthly payments	Year (pay upfront & save)
INDIVIDUAL	\$25	\$275
COUPLE	\$35	\$375
SENIOR	\$15	\$150
TEEN	\$10	\$100
ADULT & TEEN	\$30	\$350
COUPLE & TEEN	\$40	\$450
DEPT. OF EDU.	\$15	\$150

Fees: January 1st through December 31st, 2011

CARDIO & WEIGHT ROOMS

Mon 7am-9:30pm

Tues 8am-9:30pm

Wed 7am-9:30pm

Thur 8am-9:30pm

Fri 7am-5:00pm

Sun 9am-5:00pm

GYMNASIUM / BASKETBALL COURT

Mon 7am-8:00am & 7pm-9:30pm

Tues 8pm-9:30pm

Wed 7am-8:00am & 7pm-9:30pm

Thur 8pm-9:30pm

Fri 7am-8:00am

Sun 9am-5:00pm

*** PLEASE NOTE:** Gymnasium may be unavailable at various times. Please check notices in the gym for specific dates.



For more information call Rodger at 212-569-6200 ext 255