

## Schedule of Aerobics Classes

All Classes are free of charge to our members!

Mon.	Tues.	Wed.	Thurs.	Fri.
12:00 pm Step Aerobics	12:00 pm Step Aerobics	12:00 pm Step Aerobics	12:00 pm Yoga	12:00 pm Step Aerobics
1:00 pm Step & Tone	1:00 pm Aerobic Kick Boxing	1:00 pm Step & Tone	1:00 pm Aerobic Kick Boxing	1:00 pm Step & Tone
6:30 pm Step & Tone	6:30 pm Hip-Hop/ Kick Boxing		6:30 pm Step & Tone	

## Monthly Rate

The YWCA Health & Fitness Club offers affordable monthly memberships. There is no contract to sign. You may cancel at any time.

Our regular membership is \$41 a month. Discounted memberships are available to State, County and City employees. Group and family memberships are also available.

To receive the low monthly rate, members must take advantage of our convenient Automatic Payment Program.

All members also are required to purchase an annual YWCA membership (only \$35/year).

You must be 16 or older to join the YWCA's Health & Fitness Club.

# You're not just joining a gym...

## You're improving our community!

When you join the YWCA's Health & Fitness Club, your fees go toward the many programs the YWCA offers the community. The YWCA is one of the leading community-focused, nonprofit organizations in Trenton. We provide:

- Affordable housing for homeless women in our 90-room residence, Dunham Hall
- Job training and ESL classes
- The Young Wonders Preschool for toddlers and preschool children
- After school program for children 5-12 years old
- A full 10-week Summer Camp

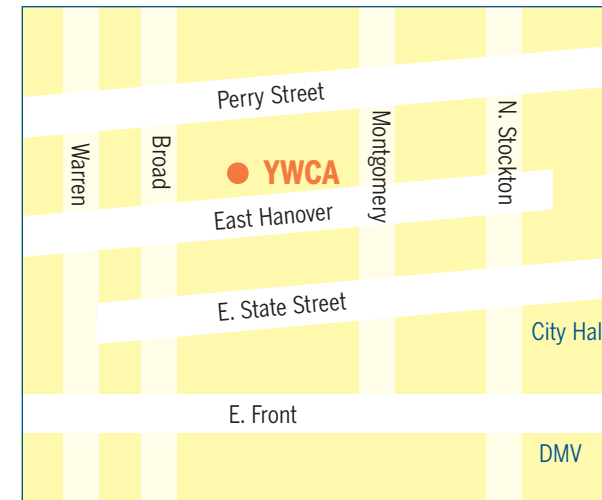
*Your membership helps the YWCA deliver these important services.*

## Convenient Hours

We are open Monday through Friday 6:00 am to 7:30 pm so you can exercise before, during, or after work.

## Convenient Location

Within walking distance of many locations in Downtown Trenton.



# It's Time to Take Charge of your Health...

## Join the New YWCA Health and Fitness Club

## Join Today!

For more information or to schedule an appointment call 396-8291 or visit the YWCA at 140 East Hanover Street.

eliminating racism  
empowering women  
ywca

**YWCA OF TRENTON**  
140 East Hanover Street • Trenton, NJ 08608  
(609) 396-8291  
www.ywcatrenton.org

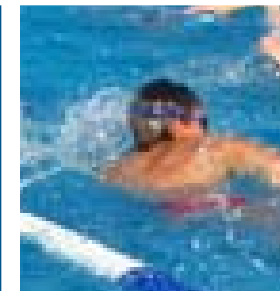
## Free Parking!

Park in the YWCA's lot immediately behind the building (limited availability).

## Not Enough Time to Have Lunch and Work Out?

Coming soon our YW Cafe will give you the flexibility to exercise and have lunch...all at the same place!

For more information, come for a tour! To schedule an appointment, call (609) 396-8291.



**YWCA OF TRENTON**  
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# Join the YWCA's Newly Renovated Health & Fitness Club

The YWCA's Health & Fitness Club provides a high quality, comprehensive approach to improving and maintaining your physical well-being. Whether you are just getting started or are looking to maintain or advance to a higher level of fitness, the YWCA offers a variety of programs and services to meet your needs. Our friendly, experienced and professional staff are well trained and available to assist you in developing and meeting your personal fitness goals. Come and exercise in our enjoyable, safe, fun and comfortable environment.

**FREE Personal Trainers included with your membership!**



Unlike other health clubs, the YWCA does not charge additional fees for the use of personal trainers! Our certified trainers are available to our members at no cost.

They will work closely with you to customize an exercise program that is right for you.

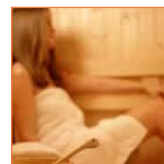
# YWCA's Newly Renovated Health & Fitness Club

## Grand Opening: Spring 2007

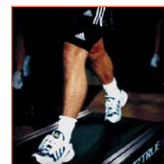


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### Your Membership Includes:



- Personal Trainers
- Aerobics, Yoga, Step & Tone, and Kickboxing Classes
- Two Lap Pools
- Sauna Room



- Basketball Court—enjoy a game of hoops in our full basketball court
- Lifecycles, Liferowers, Treadmills & Bikes
- No Contract



- Strength-training machines and a full line of free weights
- Full Men and Women Locker Rooms with Showers



- Monday through Friday 6:00 am to 7:30 pm
- Free Parking (limited availability)
- Membership honored at any YWCA Health Club in the USA