

Town of Ogden Parks and Recreation

269 Ogden Center Road Spencerport, NY 14559 (585) 617-6174



FITNESS CENTER

Ages: 16 years and older

Membership Options:

1 month: \$35 R/\$45 NR 3 months: \$75 R/\$85 NR 6 months: \$90 R/\$100 NR 1 year: \$140 R/\$150 NR

Membership Freeze (up to 1 month; request must be rec'vd in writing): \$15 R/\$20 NR

Hoist Duals Circuit Training

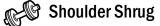
Bicep Curl























This is a 6-station, 12-exercise circuit that will work every major muscle group. The system is user-friendly and fully adjustable to fit every user's needs. You will be amazed at how quickly you will be able to complete the circuit in 30-40 minutes.

Cardio Fitness Training



2 Life Fitness Treadmills

1 Precor Treadmill



2 Life Fitness Elliptical Trainers

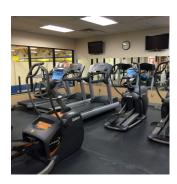


1 Life Fitness Recumbent Bike

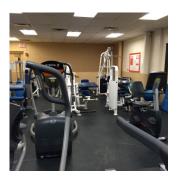


1 Life Fitness Octane Lateral X

All units are fully programmable. They are easy, fun to use and will help you get quick results.









Hours vary according to season. Closings will be announced.