

## **Town of Ogden Parks and Recreation**

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

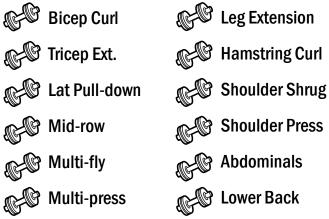


## **FITNESS CENTER**

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



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

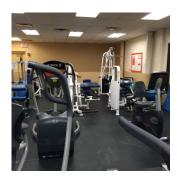


1 Life Fitness Octane Lateral X

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.

As of October, 2020– current guidelines require members to pre-register for a 55-minute timeslot a minimum of 24 hours in advance (or Friday for Monday). Drop-ins are not permitted.