



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

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|--|--|
|  Bicep Curl |  Leg Extension |
|  Tricep Ext. |  Hamstring Curl |
|  Lat Pull-down |  Shoulder Shrug |
|  Mid-row |  Shoulder Press |
|  Multi-fly |  Abdominals |
|  Multi-press |  Lower Back |

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 |

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.

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.

Please read through any member guidelines online at www.ogdenparksandrec.com