

54 Nagle Avenue New York, NY 10040
www.ywashhts.org

Join the 'Y' FITNESS CENTER!



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



Fees: January 1st through December 31, 2009

Annual Fitness Membership
1 Adult \$300
Married Couple \$400
Senior (60 and over) \$175

CARDIO ROOM & WEIGHT ROOM

Mon 7 am-9:30 pm
Tues 8 am-9:30 pm
Wed 7 am-9:30 pm
Thur 8 am-9:30 pm
Fri 7 am-5:00 pm
Sun 9 am-5:00 pm

Open GYMNASIUM / BASKETBALL COURT

Mon 7am-8:00am & 5:30pm-9:30pm
Tues 8pm-9:30pm
Wed 7am-8:00am & 5:30pm-9:30pm
Thur 8:00pm-9:30pm
Fri 7 am-8:00 am
Sun 9 am-5:00 pm

*Open Hoops: Mondays & Wednesdays 6pm-8pm
* Open Volleyball: Wednesdays 8-9:30 pm

* PLEASE NOTE: Gym/weight room may be unavailable at various times for various programs
Please check notices in the gym for specific dates.

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