

REGISTRATION



Includes:

- Cardiovascular Area - Stair Climbers, Ellipticals, Jacobs Ladder, Versa Climber
- Electronic and Non-Motorized Treadmills, Adaptive Motion Trainer, ARC Trainer, Recumbent and Upright bicycles.
- HD Athletic Bridge, Torque Tank, Skier, Air Bikes, Rowers.
- Free-weight exercise equipment.
- Selectorized Nautilus Nitro Plus and Machines
- Power Rack Platform, and more.



SPORTS

Use of the Outside Basketball, Sand Volleyball and Tennis Courts.

*Reservations must be done in advance.

RESERVATION

Practice Sessions:

Only authorized ID cardholders may reserve the basketball, tennis court and softball field.

Request are to be made one week in advance in a non-consecutive manner and must be made at the Sports and Fitness Center.

Reservations are for one (1) hour unless approved by the manager. Scheduled events, games and CYS activities have priority over practice sessions

PROGRAMS

Group Exercise Classes

Indoor/Outdoor Cycling

Tuesday and Thursday at 4:30 p.m.
Burn calories, increase your cardiorespiratory and muscular endurance, plus much more.
Fee: \$30.00 a month or drop-in class \$5.00.

Cross Drills

Monday, Wednesday, and Thursday at 5 p.m.
You'll be using a variety of alternative exercise equipment to ramp up your exercise routine.
Fee: \$30.00 a month or drop-in class \$5.00.

Back 2 Basics

Tuesday and Thursday at 12 p.m.
An energetic, diverse exercise class that combines functional and traditional physical training modes. Programmed to suit different levels of physical fitness conditions.
Fee: \$30.00 a month or drop-in class \$5.00.

Golden Age Program

Tuesday and Thursday at 9 a.m.
A variety of classes to help you stay physically and mentally fit.
\$30 Fee per Seasonal Period or drop-in class \$5.00.
Seasons: Jan to May and Aug to Dec

MicroFit Evaluation

\$15 Fee
A medical certificate is required for all customers over forty (40) or those with health risk factors.
*Appointment must be made in advance.

Personal Training Services

(1) Hour individual session: \$30.00
Package of three (1) hour individual sessions: \$60.00



RULES

1. To use our Facilities, you must present an Authorized ID card & swipe, scan, or sign daily at the Reception Desk.
2. Refer to the PAR Q document posted at the reception area before using the facility.
3. Children 12 years and under are not allowed in the cardiovascular, weight room, or sauna areas. Nor do we have waiting areas. Use of restrooms or common areas require the direct supervision of the Parent or Guardian at all times.
4. As a Family Member, youth ages 13-15 years must be participating in the same activity and under the direct supervision of the Parent or Guardian at all times.
5. Athletic clothing must comply with Attire Rules. Fitness Center Staff has final discretion on appropriate attire.
6. No bags are allowed in the exercise area. Please secure personal belongings in the designated place. Management is not responsible for lost or stolen property.
7. It is required to wipe down surfaces and equipment and to return it to their area after use.
8. Smoking, eating, drinking, chewing gum, and tobacco products are prohibited.
9. Radios, cellphones/iPods can only be used with headphones; audio must be private and not emit sound into the open air.
10. Bystanders are not allowed in exercise areas.
*No unauthorized Personal Training sessions.
11. Unsportsmanlike conduct, disruptiveness, profanity, abuse of equipment, fighting, etc., is prohibited and may cause forfeiture of privileges.
12. No unauthorized videotaping or taking pictures.

JOIN US!

FITNESS CENTER

Bailey Rd.. Bldg. 148
787.707.3767

Monday - Friday

5:00 a.m. to 7:00 p.m.

**Closed on Saturdays, Sundays,
and Federal Holidays**

PFC RECW ANNEX

Patriot Blvd. Bldg. 170
787-707-3281

Monday - Friday

5:00 a.m. to 7:00 p.m.

Saturdays

9:00 a.m. to 1:00 p.m.

Closed on Sundays

OUTDOOR GYM

Patriot Blvd. Bldg. 1317
787-707-3767

Monday - Thursday

5:00 a.m. to 8:00 a.m.

4:00 p.m. to 7:00 p.m.

Fridays

5:00 a.m. to 8:00 a.m.

**Closed on Saturdays,
Sundays, and Federal Holidays**

SPORTS & FITNESS CENTER

