



Your Hometown Fitness Center

*A Unique Women's
Fitness Center*

24 Hour Access For Your Convenience

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- Tuesday 5:30 Yoga
Wednesday 5:30 pm Exotic Dancing
Thursday 5:30 pm Power Stretching
 & Low Impact Aerobics

Let Us Help You Get Ready For Swimsuit Season.

*Programs FREE to Members *Affordable fee charged for Non-Members
(Please use front door or key card)

*You can make these programs part of your ongoing exercise program
or just come in and exercise!*

24 South Main Street, PO Box 701, New Berlin, NY 13411-0701

Phone: 607-847-6202

Office Open: 9 am-5 pm or by appt.

