

AURICH

Pool & Fitness Center
at MMC

NOW OPEN!

Aurich Pool & Fitness Center at MMC - Fees (effective May 1, 2016)

You must be a member in good standing of the Modern Maturity Center to join the Aurich Pool & Fitness Center.

Pool Only Memberships

\$30 a month - Single

\$55 a month - Couple residing at the same address

ANNUAL RATE PROMOTION!

\$300 SINGLE/\$550 COUPLE (2 Months FREE!)

Fitness Only Memberships

\$30 a month - Single

\$55 a month - Couple residing at the same address

ANNUAL RATE PROMOTION!

\$300 SINGLE/\$550 COUPLE (2 Months FREE!)

Pool & Fitness Combo Membership

\$50 a month - Single

\$75 a month - Couple residing at the same address

ANNUAL RATE PROMOTION!

\$450 SINGLE/\$675 COUPLE (3 Months FREE!)

Cardio Only Membership

\$20 a month (cardio machine use only)

Membership includes access to **FREE** classes:

Aerobics

Intermediate Level - Mon. & Fri. 8:30 - 9:30 a.m.

Beginner Level - Tues. & Thurs. 9-10 a.m.

Stretching Abs - Mon. & Fri. 9:30 - 10 a.m.

Line Dancing

Advanced - Tues. & Thurs. 10 - 11:30 a.m.

High Impact - Tues. & Thurs. 11:30 a.m. - 12:30 p.m.

Intermediate - Tues. & Thurs. 12:30 - 1:30 p.m.

Beginner - Wed. 9:30 - 11 a.m.

Soul Line Dance - Wed. 11:15 a.m. - 12:15 p.m.

Other options:

Pool Punch Card

24 visits for \$75

Pool Volleyball

Fridays 2-3 p.m.

\$2/day or Punch Card - 24 visits for \$48

Aquatic Classes - Register at Member Services

12 class punch card - \$42 per session

Sessions:

Advanced Level - Tues. & Thurs. 12:30 - 1:50 p.m.

Intermediate Level - Tues. & Thurs. 2-3 p.m.

Beginner Level - Mon.-Wed-Fri 9:45 - 10:45 a.m.

Beginner Level - Mon.-Wed-Fri. 11:15 a.m. - 12:15 p.m.

Arthritis Friendly - Tues. & Thurs. 3:15 - 4 p.m.

Also available - Reduced Fee classes for members:

- Zumba Gold - Zumba Gold Seated

- Beginner Tai Chi - Tai Chi Kung Fu Fan

- Yoga with Betsy - Hatha Yoga with Mara

Visit MMC Member Services for fees & times



Hours of Operation

Fitness Center:

Monday - Friday 6 a.m. to 7 p.m.

Saturday 8 a.m. - Noon

Sunday and Holidays - Closed

Pool:

Monday Wednesday Friday 6 a.m. - 7 p.m.

Tuesday Thursday 6 a.m. - 6:30 p.m.

Saturday 8 a.m. - Noon