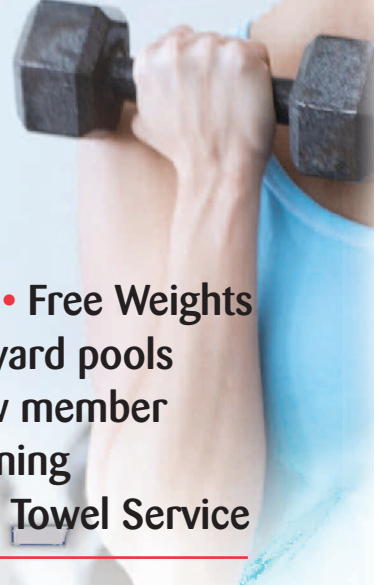


WE MAKE IT FIT!!



- Cardio & Strength Training Equipment
- Cardio Theater
- Free Weights
- Strength & Conditioning Facility
- Swimming-two 25-yard pools
- Complimentary Personal Training Session for every new member
- 50+ Weekly Group Exercise classes including spinning
- Family Swims
- Whirlpool
- Sauna & Steam Rooms
- Towel Service
- Personal Training for Individuals & Partners - 30 minute & 60 minute sessions
- Post-Rehab Therapy
- Childcare
- Massage Therapy
- Computerized Health & Fitness Evaluation

FAMILY MEMBERSHIPS!

NO JOINERS OR INITIATION FEE!

Monday-Friday 5 AM-10:30 PM • Saturday 7 AM-7:30 PM
 Sunday 12-6:30 PM (Sept.-June)
 12-5 PM (July; closed Aug.)
 BFC Director, ext. 306

Introducing BFC Program Membership

for participation at stated fees in BFC Programs

MEMBERSHIP	ADULT	SENIOR/STUDENT
FULL		
One year*	\$695	\$635
Monthly draft**	\$63	\$58
4 month	\$310	\$270
PROGRAM		
One year	\$50	\$50

*Deduct \$100 from the annual fee for each additional family/household member when joining at the same time.
 **Convenient automatic monthly credit card or debit draft plan. First and last month's payment with initial membership registration.

Bolger Fitness Center

a program of the Ridgewood YMCA and the YWCA of Bergen County



112 Oak Street, Ridgewood
 201-444-5600

Visit us at www.ridgewoodymca.org or
www.ywcabergencounty.org

