

## Fitness Center Membership

Membership is open to any resident of Greater Trenton who wishes to join and abide by the rules of the Boys & Girls Club.

## Fitness Center Hours

Monday through Friday:

7:30 a.m. to 2:30 p.m.

2:30 to 4:30 p.m. (Teens Only)

4:30 to 8:00 p.m.

The fitness center will be open on Saturdays from 9 a.m. to 3 p.m. starting in September.

## Equipment

Strength training equipment includes 10 pieces of Cybex Classic VR selectorized weight equipment. Cybex is a world leader in the strength training industry.



Cybex VR Classic Shoulder Press

The 12 station Cybex circuit includes leg extension and curl, chest press, shoulder press, lat pull down, seated row, biceps curl, triceps extension, abdominal and lower back extension. Strength training 3 times a week for 10 to 12 minutes helps build muscle strength, tone muscles, and reduce body fat.



Tectrix ClimbMax

The fitness center will include 7 pieces of cardiovascular equipment to help burn calories, lose weight, and improve heart and general health. The center includes 2 treadmills, 2 climbers, 2 bikes and 1 cross trainer. Each piece is built by industry leaders such as Tectrix, LifeFitness and Star Trac.



Cybex Classic VR Leg Extension

## Fitness Center Services

Membership to the fitness center includes use of the following facilities:

- Men's locker room and bathrooms.
- Basketball court during open basketball hours.
- Outdoor pool during summer operating hours.

## Fitness Center Rates

Membership Group	Monthly Rate	Annual Rate
Teens (12-18)	\$5	\$60
Adult (18+)	\$25	\$240
Family	\$30	\$360
Daily	\$5	NA

## Fitness Training

Each new member will receive an orientation to the fitness center which will include equipment demonstrations and exercise program design. Teen members will need to complete a four-hour training program before working out on their own.

## How to Register

Registration is taken in person at 212 Centre Street during the Club's normal business hours. Payment can be structured on a monthly or annual basis, and paid by cash, check, or credit card.

Monday – Friday: 8 a.m. to 8 p.m.  
Saturday: 9 a.m. to 3 p.m.

## About the Boys & Girls Club

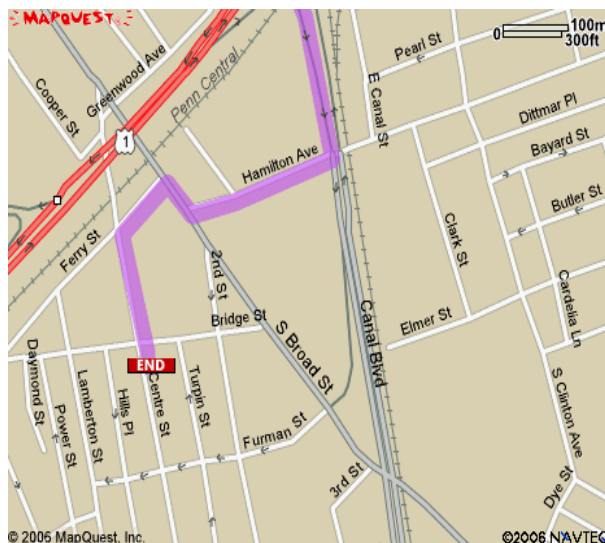
Mission: To inspire and enable all young people, especially those who need us the most, to realize their full potential as productive, responsible, and caring citizens.

Program:

- After school programs (six locations in Trenton)
- Summer Camps (Three different camps at two city locations)
- Sports Leagues
- Teen Programs
- Career Exploration & Job Training

## How to Find Us

Boys & Girls Club  
Of Trenton & Mercer County  
212 Centre Street  
Trenton, NJ 08611  
(609) 392-3191



**BOYS & GIRLS CLUB**  
OF TRENTON & MERCER COUNTY

# Teen & Family Fitness Center

