

DUNGEON

Are you a No Guts, No Glory person? "The Dungeon" is the place for you. We have 3000 sq. ft. of nothing but cold hard Sweat, Steel, and Strength. Bench, Squat, Dumbbells, and the rest of your classic favorites make themselves known in "The Dungeon". **Do you have what it takes?**

CARDIO DECK

Treadmills? Check! Ellipticals? Check! Stairmasters? Stationary bikes? Check! You name it, we have it when it comes to helping your cardio work out **take-off!**

CYBEX POWER

We have the best of the best in machine weight systems. An industry-leader, Cybex provides a safe, effective alternative to free-weight workouts. **Can you feel the Power?**

TRAINING STUDIO

Need a little motivation? Try one of our personal trainers. They can create a specialized program and diet just for you. Our 2nd story has been renovated to the specifications of our trainers.

KIDS' KORNER

Need help with the little one? A spacious Kids' Korner provides a safe and professional environment for your kids to hang out while you train. We provide movies, arts and crafts, game consoles, and a great atmosphere for your child's entertainment.

APPLE AEROBICS

From spin and step to yoga and pilates. You can find the exact group exercise class you are looking for in one of our 37 weekly classes. Tone, shape, and energize your body in a fun and upbeat Group Exercise class today!



AQUATICS

Cool off in any form or fashion in one of our 3 pools. A zero-entry Fun Pool is a favorite among little tikes while the Splash Pad is great for toddlers and parents to enjoy. The Olympic size pool accommodates divers, swimmers, and splash artists of all types.

Look Us Up On The Web!

www.appleswimandfitness.com

Club Hours

Monday-Thursday	5:30 am - 10:30 pm
Friday	5:30 am - 8:00 pm
Saturday	8:00 am - 6:00 pm
Sunday	12:00 pm - 5:00 pm

Kids' Korner Hours

Monday - Friday	8:00 am - 12:00 pm 4:00 pm - 8:00 pm
Saturday	8:00 am - 12:00 pm

Pool Hours

Monday - Friday	12:00 pm - 8:00 pm
Saturday	12:00 pm - 7:00 pm
Sunday	12:00 am - 6:00 pm

**TRY US OUT
14 DAYS
FREE!**