

OPEN HOUSE: APRIL 28 - MAY 4

FOR MEMBERS OF THE MIDDLESEX COUNTY ASSOCIATION OF REALTORS

EXPLORE THE FACILITY, CHECK OUT OUR CLASSES AND SERVICES, PLUS:
A FREE FITNESS ASSESSMENT + FUNCTIONAL MOVEMENT SCREENING!



Expansive fitness floor with a large selection of state-of-the-art cardio & strength training equipment.



Over 150 group fitness classes weekly including Les Mills™, Zumba®, Pilates Barre, aqua, yoga, cycle, Tai Chi & much more.



A quarterly nurse assessment including a health history review, body fat analysis, hydration level analysis & girth measurements.



Two 1 - hour evaluations with a personal trainer, including a functional movement screening & personalized training program. Re-assessment every 6 - 8 weeks.



Comprehensive Aquatic Center with a lap pool, therapy pool & spa pool.



Complimentary child care with closed-circuit monitoring.



Nutritional seminars, healthy cooking demos, support groups and other medically-based programs guided by our Medical Advisory Board.



Full amenity locker rooms with sauna* & steam rooms.

- Swim Lessons, Swim Team, Aqua Parent & Me Classes + FitKids Programs* • Pilates Reformer*
- NEW! Martial Arts* • Lifeguard Certification & WSI Certification Courses • Healthy Café + Day Spa*
- Community Education Center • Land & Aquatic Physical Therapy • Phase III Cardiac Rehabilitation
- Sports Performance Area* • Basketball Court Hours*

*Not available in all locations.

CHECK OUT OUR LOCATIONS ACROSS NEW JERSEY!

Carteret: 732.541.2333
Freehold: 732.845.9400
Maywood: 201.843.4422
Mercerville: 609.584.7600
New Brunswick: 732.873.1222

Parlin: 732.525.2900
Plainsboro: 609.799.7777
Princeton: 609.683.7888
Scotch Plains: 908.232.6100