

The Village of Tarrytown Recreational Facility is

OPENING IN JUNE

Take advantage of our membership benefits.

- A wide variety of healthy living programs, personal training, and group exercise classes
- Fully trained and certified professionals on staff always ready to assist you
- Initial wellness consultation with trained fitness staff who will help you set your goals
- State-of-the-art training cardio and strength training equipment along with a dedicated group fitness studio

all ages. all fitness levels. all abilities.



Located at: Pierson Park
238 West Main Street
Tarrytown, NY 10591
mario@thesalusgroup.net

get into shape.

We have something for everyone

- Personal and group training
- Youth training
- Group fitness classes in a 1,000 sq. ft. studio: yoga, mat pilates, Zumba, core classes
- Our senior specialty clinics focus on: aerobic fitness, muscular fitness, flexibility, balance and relaxation
- Nutrition counseling

Enjoy our state-of-the-art facility

CARDIO:

Cybex treadmills
 Cybex recumbent and upright bikes
 Stairmaster Gauntlet
 Octane Fitness Lateral X
 Octane Fitness 4700 Adj stride elliptical
 Octane Fitness XR6000 seated elliptical
 Schwinn spin bikes
 Virtual Reality bikes
 Matrix Fitness Krankcycle UBE

STRENGTH:

Full line of strength equipment machines for upper and lower body
 Cable station - Jungle Gym
 Cybex ft-450 Bravo (cable pulley system)
 Hoist Dual Action Smith Machine
 Adj Benches
 back extension
 Dumbbells: 5-80 lbs.
 Urethane fixed barbells: 20 to 60 lbs. straight and 25 to 65 lbs. curl bars

Rate Structure



	<u>One Year Facility Rates</u>	<u>Six Month Facility Rates</u>
Child (16-17)	\$200	\$120
Adult (18+)	\$300	\$180
Couple	\$450	\$270
Family Plan	\$600	\$360
Senior Citizen (60+)	\$150	\$120

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TARRYTOWN RESIDENT
 TARRYTOWN, NY 10591