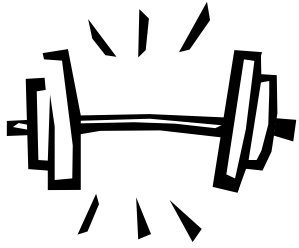


GET IN SHAPE
FOR
WINTER



special fitness
equipment
sale

Package Includes: (all professional quality)

Swedish Exercise Bike (reg. \$300.⁰⁰)

200 lb free weight and dumbbell set (reg. \$150.⁰⁰)

Exercise ball (reg. \$30.⁰⁰)

Exercise mat -- closed cell foam (reg. 50.⁰⁰)

Aerobic Exercise and Equipment Instructional
videotapes included

All for \$350.⁰⁰

All you need for an at-home fitness
program

Arnold's Sporting Goods

Convenient Locations

Down Town & at the Mall

Open 10am-9pm daily



Community Recreation Center

111 E. Main Street
Home Town, New York

The Community Recreation Center in your neighborhood offers the following programs for the whole family to promote individual and community fitness and wellness.

Facilities:

Free Weights

Aerobic machines: exercise bikes

Indoor track: walking and jogging

Swimming pool: family, lap, and open sessions

Court Games: handball, racquetball and squash

Sports: volleyball and basketball – open sessions and recreation leagues

Family activities:

Camping

Hiking

Canoeing and Kayaking

Day and Overnight Trips

Classes available: Step Aerobics, Pilates, Yoga, Martial Arts (fee required)
Basic physical fitness assessments are available (fee required)

All participants are required to have a current physician's clearance to participate in stressful activities.

Hours: M-F @ 6 a.m. through 10 p.m.
Saturday @ 8 a.m. through 5 p.m.
Sunday @ 1 p.m. through 5 p.m.

Staff: Mary Jones
Fitness Director
Roger Smith
Activities Director

Fees: Center members - class fees discounted
Non-members - daily fee for facility use
- class fees incl. facility fees