

SOUTH JERSEY HEALTHCARE WOMEN'S CONNECTION

Sherman Avenue & Orchard Road

Vineland, NJ 08360

(856) 696-3924

(856) 696-0726 (Fax)

HOURS:

Monday-Friday

6:00am-1:00pm

4:00pm-8:00pm

Saturday

7:00am-12:00pm

Your Membership Includes:

QUALIFIED STAFF/GUIDANCE

- Professional Exercise Physiologists
- CPR Certified Staff
- Certified Personal Trainers
- Personalized Exercise Programs

FITNESS ASSESSMENTS

- Health History Screening
- Blood Pressure/Heart Rate Screening
- Grip/Muscular Strength Test
- Flexibility Test
- Complete Body Measurements
- Personal Assessment

WOMEN'S CONNECTION

- Hydraulic Strength Training Equipment
- Cardio Training
- Flexibility Training
- 30-Minute Workouts
- Personalized Service
- Sauna and Steamroom
- Women's Locker Room
- Outdoor Track

Sign -Up Today! As Of 6/23/2005, No Sign-Up Fees Are Required!

Various Membership Rates

\$29.00 Monthly EFT or PRD

OR

\$348.00 Paid In Full

Additional Fees Will Apply For Use Of Fitness Connection Facility. (Women's Connection members only)
Fitness Connection members have full access to Women's Connection Facility.

ALSO AVAILABLE:

Fitness Connection Access (additional charge), Child Care, Spin Classes, Aerobics Classes, Yoga, Tai Chi, CPR, Indoor Track-See Staff For More Information!



CHECK US OUT ON THE INTERNET: www.sjhealthcare.net