

# WHERE GOALS BECOME GAINS



## **OUR PROGRAMS & SERVICES**



#### Memberships

Membership includes access to workout equipment, exercise classes, and pickleball! Prices are affordable and NO CONTRACT!



#### **Workout Equipment**

WCPRD offers workout equipment such as ellipticals, treadmills, cardio machines, muscle-group specific machines, free weights, spin bikes, and more!



#### **Traditional Classes**

A selection of traditional classes including aerobics, Cardio Funk, Silver Sneakers, Yoga, and spin!



#### Silver Sneakers

Silver Sneakers is a health and fitness program designed for adults 65+ that is included in many insurance plans including Medicare!



#### **Membership Prices**

The membership menu includes family memberships (\$48/mo), married couple memberships (\$38/mo), adult memberships (\$28/mo), young adult (\$15/mo), etc!



#### What We Care About

We are dedicated to providing a range of enjoyable leisure time activities for individuals of all ages. We aim to create an active, healthy, and engaged community!



### **OPEN DAILY, M-TH**

07:00 AM - 8:00 PM Friday 08:00 AM - 05:00 PM Saturday 08:00 AM - 3:00 PM



🚯 www.whitecounty.net