

...ABOUT THE HEALTH CLUB...

— FACILITY SIZE —

11,250 air-conditioned square feet

— EQUIPMENT —

Cardio & Circuit Room

12 stations of Life Fitness Strength Circuit.
2 recumbent bicycles, 3 upright bicycles
2 "Concept 2" Rowers, 6 treadmills
3 elliptical runners, 2 stair climbers

Stretching & Conditioning Room

Floating wood floors, free weight rack, exercise balls

Aerobic/Yoga Room

Floating wood floors, DMX sound system
exercise mats, free weight rack

Cycling Room

16 Greg LeMond Revmaster Exercise Bikes

Free Weight Room

Variety of benches & supporting pieces, plates, bars
dumbbells, leg press, Smith Machine

Wellness Room

Available for private training & rental

Aquatics Center

75' x 21' Red Cross compliant 83° swimming pool
lap lanes, handicapped lift, coed sauna, steam, hot tub

Locker Rooms

With showers, please bring your own lock

**CHANGE/CANCELLATION HOTLINE
508.693.2200 x4**

Call anytime to learn of any changes to the schedule.

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See our class schedules online at
mvmansionhouse.com/health-club.html

Class changes are updated daily.

While you're there you can also...

Find out which class will be held on the Cupola Deck

Check out what new classes are being offered

Keep up to date about swim lessons

...MEMBERSHIP INFO...

— COMPLETE MEMBERSHIP —

	1 month	3 months	1 year
Individual	\$99	\$199	\$659
Senior*	\$89	\$179	\$559
Senior* Couple	\$179	\$339	\$900
MVRHS**	\$89	\$179	N/A
Family***	\$199	\$429	\$1279
extra child	\$30	\$75	\$150

... 2 WEEK COMPLETE MEMBERSHIP \$59 ...

Most Classes Included in Membership

Special Workshops & Classes are not included in the membership.

Fees are usually \$9 for members and \$12 for daily visitors.

— PUNCH CARDS —

	12 visits	24 visits
Regular	\$129	\$199
Senior*/MVRHS**	\$99	\$159

— 1 VISIT PASS —

Adult	\$16
Child (1-13) & Senior (65+)	\$11
Adult Member Guest / IHRSA	\$14
Child Guest	\$8

— TANNING —

1 visit - \$9 5 visits - \$40 10 visits - \$70 20 visits - \$160

— SWIM LESSONS —

Private (30 min) - \$40 Semi-private (2 students) - \$34

We are happy to schedule a swim class for you with a credit card.

If you need to cancel an appointment please call us at least 24 hours ahead. If not we will charge you 100% of scheduled lesson.

*SENIOR age 65 and over

**MVRHS High School Student Memberships are valid during school year until 5:30 pm on weekdays and anytime on weekends. MVRHS ID required.

***FAMILY RATE assumes 2 adult and 2 children under 13 who must be accompanied by an adult at all times.

Children under 16 need adult attendance while in the Pool.

Children over 14 may use the Weight & Cardio Rooms.

AUTOMATE YOUR MEMBERSHIP PAYMENT!
Sign up for EFT today & forget about writing us a check tomorrow
Call 508-693-2200 to find out how

	SUN	MON	TUE	WED	THU	FRI	SAT
				CYCLE Brenda W. 6:30a		CYCLE Brenda W. 6:30a	
	YOGA Myron 8:45a starts 9/26	PILATES Toni 8:45a	YOGA Myron 8:45a	PILATES ON THE BALL Brenda S. 8:45a ★	PILATES Toni 8:45a ★	ASHTANGA YOGA Colette 8:45a	YOGA El 8:00a
	COUPLES YOGA Sebastian & Jessica 9:00a July & Aug ★	CYCLE Brenda W. 9:00a				PILATES Brenda S. 8:45a	
			STRENGTH & MOTION Brenda W. 10:10a		STRENGTH & MOTION Brenda W. 10:10a		
		MUSCLE Nisa 4:30p	KICK BOX Jen 4:00p ★	MUSCLE Nisa 4:30p	KICK BOX Jen 4:00p ★	MUSCLE Nisa 4:30p	
				MEN'S YOGA & FLEXIBILITY Myron 5:00p ★			
		STEP Nisa 5:30p	YOGA Myron 5:30p	STEP Nisa 5:30p	YOGA Myron 5:30p	STEP Nisa 5:30p	
		VINYASA YOGA Sebastian & Jessica 7:00p ★		SALSA Saskia 7:00p ★			

Classes are subject to change or cancellation without notice. Classes marked with a ★ symbol are not included with membership. When pool activities are scheduled, pool is used specifically for that activity. Other times pool is open or partially open.

	SUN	MON	TUE	WED	THU	FRI	SAT
		LAPS Adult Lap Swim 6:00a-8:00a	LAPS Adult Lap Swim 6:00a-8:00a	LAPS Adult Lap Swim 6:00a-8:00a	LAPS Adult Lap Swim 6:00a-8:00a	LAPS Adult Lap Swim 6:00a-8:00a	
		AQUA CLASS Leslie 8:30a-9:30a	AQUA CLASS Leslie 8:30a-9:30a ends 9/15	AQUA CLASS Leslie 8:30a-9:30a	AQUA CLASS Leslie 8:30a-9:30a ends 9/15	AQUA CLASS Leslie 8:30a-9:30a	
		1 LANE WILL BE PUT UP FOR LAP SWIMMERS WEEKDAYS 9:30a-3:00p					
	RENT THE POOL PARTY TIME 1:00p-2:00p						
		LAPS Adult Lap Swim 6:30p-7:30p	LAP SWIM & MASTER'S WORKOUT 6:30p-7:30p	LAPS Adult Lap Swim 6:30p-7:30p	LAP SWIM & MASTER'S WORKOUT 6:30p-7:30p	LAPS Adult Lap Swim 6:30p-7:30p	

NEED A "ONE ON ONE" BEFORE YOU START? The "Wellness Room" is available for Private Training. Instructors are available to preview a new class. Fees vary.

Updated 5/2009

... 3 MONTH & 1 YEAR HEALTH CLUB MEMBERS RECEIVE 10% OFF AT ZEPHRUS (SEATING BEFORE 6:30 PM), ZEPHRUS TAKE OUT & MOST SPA SERVICES. 508.693.2200 ...