

Lakeland Hills Family YMCA

INSPIRING A HEALTHY COMMUNITY

www.lakelandhillsymca.com



FREE 1 WEEK PASS

NAME _____

ADDRESS _____

PHONE (H) _____ (W) _____

EMAIL _____ @ _____

CALL OR VISIT OUR WEBSITE FOR POOL & GYM SCHEDULES
100 FANNY ROAD | MOUNTAIN LAKES, NJ 07046
www.lakelandhillsymca.com

HEALTH & FITNESS TRAINING CENTER (AGES 15 AND OLDER)

- **Cardio Conditioning Center-** including the best of the best: Precor Ellipticals, Life Fitness Cross-Trainers, BRAND NEW Life Fitness treadmills, Bikes, Stretch Trainers, Arc Trainers, NEW Precor AMT Trainers and Rowers
- **Cardio Theater-** Twelve HDTV flat screens with six preset channels or six preset music stations
- **Cybox Center-** more than 39 pieces of equipment to train all major muscle groups
- **Free Weights-** loaded with over 8,500 lbs of free weights and dumbbells
- **Teen Training Room-** ages 12-14 years

CARDIO AND STRENGTH TRAINING EQUIPMENT FOR TEENS PLUS EXPRESSO S2 INTERACTIVE BIKES!

- Personal Training- for adults and teens
- Spinning- with 22 NEW! Star Trac NXT Spin bikes

GROUP FITNESS STUDIO

- All-around mirrors, ballet bar, and flexible hardwood flooring for comfort
- The place for a variety of group fitness classes, yoga, special programs, and children's ballet

OLYMPIC-SIZE INDOOR HEATED SWIMMING POOL

- Adult, Children and Parent/Child classes
- Water Exercise
- Competitive Swimming
- Lane, Lap & Recreational Swim Time
- Special Programs

REGULATION-SIZE GYMNASIUM

- Basketball and Volleyball
- Youth Sports Programs
- Gymnastics
- Recreational time for families
- Special Classes and Events

MARION MANN ROBERTS EARLY CHILDHOOD LEARNING CENTER (AGES 2 1/2 - 6 YEARS)

- Full and partial day childcare at its best!

KIDS CLUB AFTER SCHOOL CARE (1ST - 8TH GRADES)

- Off-site after school care for elementary students

KIDS CARDIO ARCADE (6-14 YEARS)

- (Adults must be accompanied by a kid!)
 A place for kids to get moving, meet friends and have fun with InterActive games including:
- Wii Sport & Wii Fit
 - Playstation 2
 - Techno Steppers
 - Cybox Trazer
 - X-er Dance!
 - Lobby Wi-Fi

ADULT LONG-TERM LOCKERS

- (19 years and older)
- Steam and sauna
 - Privately assigned lockers
 - Towel service
 - Comfortable amenities

CHILDREN'S OUTDOOR PLAYGROUND

- Open to the community
- Colorful and challenging equipment
- Safe and secure

MCCRUDDEN PICNIC PAVILION

- Free and open to the community (call to reserve)
- Seating for 200-plus
- Two oversized barbecue grills
- Surrounding wooded trails
- Restrooms
- Available water and electricity

SUMMER DAY CAMP

- Half-day camp for ages 3 years through 2nd grade
- Full-day camp programs and specialties for ages 6-12 years
- Leaders-in-Training program for teens 13-15 years
- Counselor-in-Training program for teens 15 and 16 years