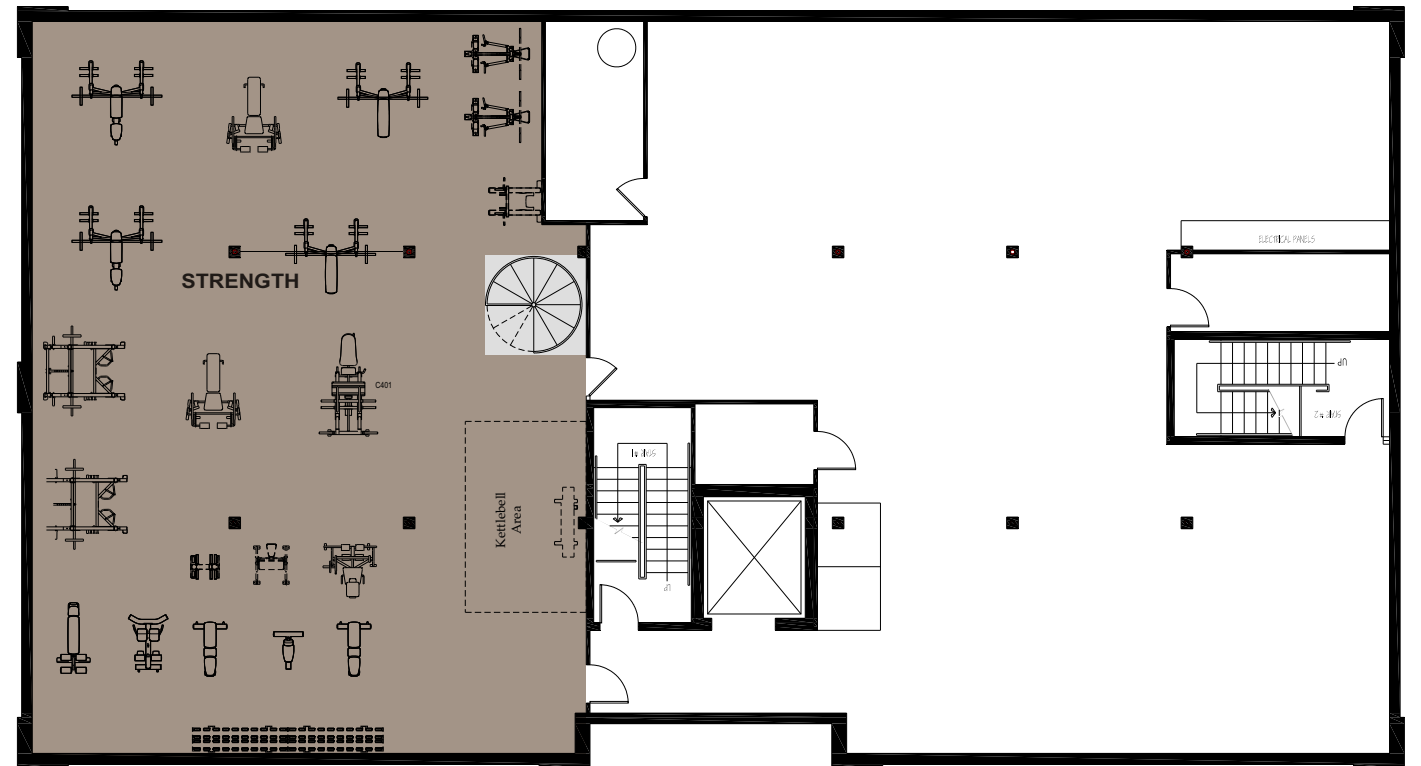




# HAGERSTOWN SPORTS CLUB AND FITNESS



**FIRST LEVEL**



**LOWER LEVEL**

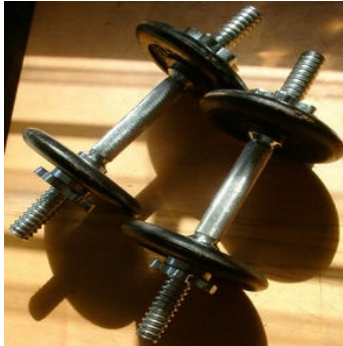
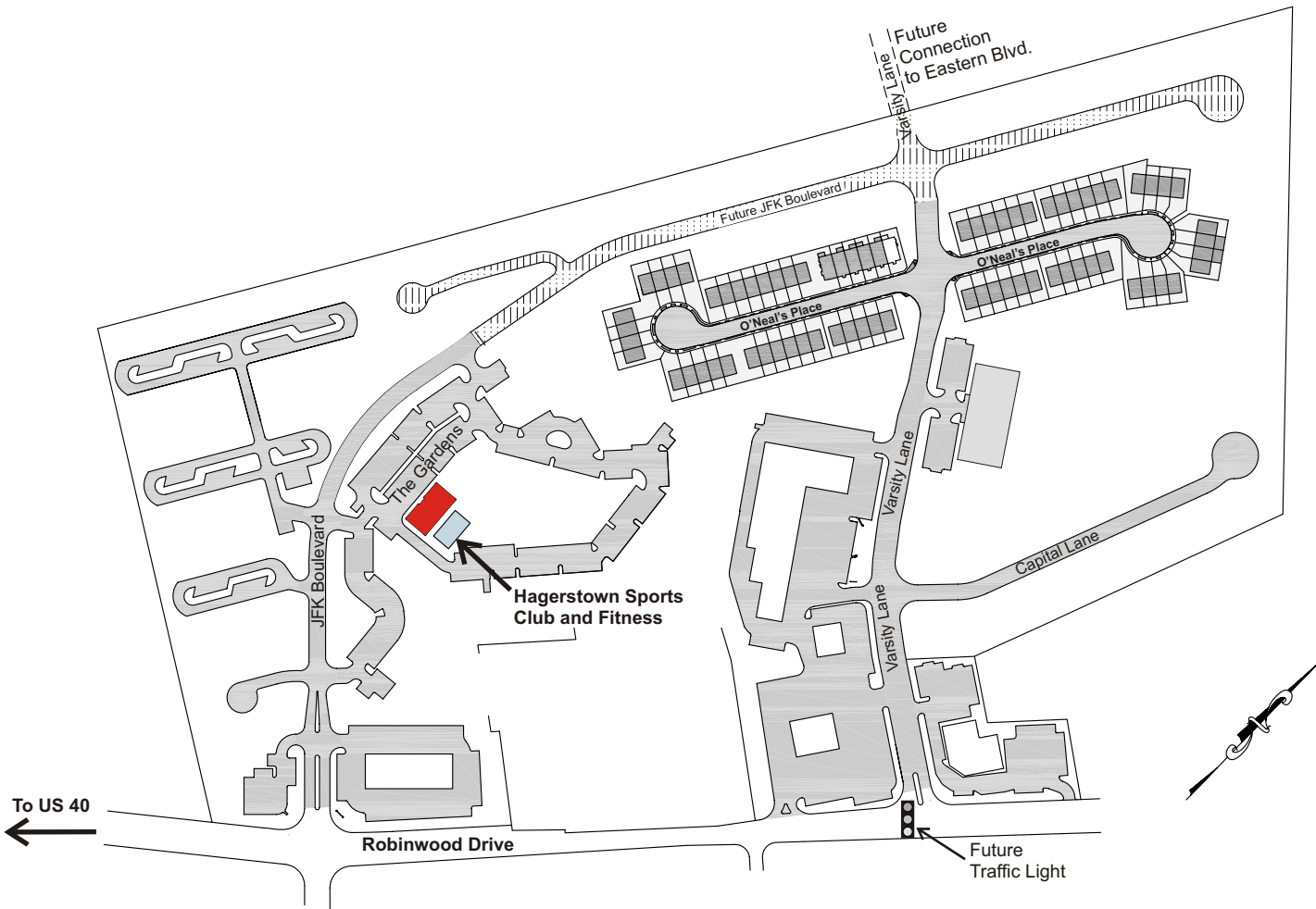
## FITNESS EQUIPMENT

- Treadmills by Landice and LifeFitness
- Ellipticals by LifeFitness and Octane
- Recumbent and Stationary Bikes by Life Fitness and Octane
- Dumbbells in a range of 5 pounds to 150 pounds
- Hammer Strength Power Rack
- Hammer Strength Platform
- Hammer Strength Olympic Press
  - Flat
  - Incline
  - Decline
  - Military
- Hammer Strength Plate Loaded
- Selectorized strength equipment by Hoist and LifeFitness
- Over 2400 pounds of rubber coated plates
- 7 foot Olympic bars
- Trap bar
- Kettlebells
- Dynamax Medicine Balls
- PB Jam Balls
- Resistance Bands

## FITNESS CLASSES

- ZUMBA:** is like a party in the gym! Zumba classes are fun and effective, using interval training combining Latin and international rhythms.
- ZUMBA SENTAO®-** combines strength and resistance training with innovative dance moves, using a chair as your dance partner. A high intensity workout that focuses on defining your muscles, improving overall cardiovascular health and burning major calories in the process.
- RIPPED:** a high energy full body workout that combines and easy, yet effective cardiovascular routine interfaced with weights and resistance.
- TURBO KICK:** is a combination of kick boxing with dance moves all choreographed to high energy and motivating music.
- PiYo:** is a unique class designed to build strength & gain flexibility. Its about energy, power & rhythm.
- INSANITY:** uses MAX interval training, which replaces moderate intensity exercise with maximum-intensity exercise. Burn up to 1,000 cal/hr
- CARDIO-CORE:** offers an energetic blend of athletic moves and kick boxing. Focus is placed on working core muscles and the use of Pilates
- YOGA:** Yoga can be as much or as little as you want it to be. For some it is purely a physical pursuit, keeping the body toned, strong and flexible. For others, yoga becomes more of a mindset and a way of living
- STEP CLASSES** - Step exercises keep your mind busy while your body moves and your heart pumps. This class is geared toward beginners, those coming back to step exercises, and anyone who wants to work on their skills.

# COMMUNITY MAP



## HAGERSTOWN SPORTS CLUB AND FITNESS

Keeping fit is not just a fad it's a way of life.

Whether you want to slim down or tone up, have more energy for work or for your family, or just look and feel better, we're here to help.

We want you to exercise your options. From outdoor swimming to indoor cycling, free weights to cardio equipment, personal training to group fitness and much more. We offer options in an environment that makes you feel at home, no matter what your current fitness level may be.

### Hagerstown Sports Club & Fitness

20321 The Gardens, Hagerstown, MD 21742 - Ph. 240-625-9474  
Walking distance from Meritus Medical Center

**POOL OPEN FROM MEMORIAL DAY TO LABOR DAY**