

PERSONAL TRAINING SESSIONS

USA Fitness and Chiropractic Center also has specially trained and certified personal trainers available to help you establish an individualized fitness routine. Everyone's fitness needs are different and our personal trainers can design an exercise program suited to you.

Every new member receives a free session with a personal trainer to review the equipment and its proper use. Additional sessions with the trainers are available by appointment and are billed per session.

BABYSITTING

For your convenience, we offer morning babysitting Mondays through Fridays from 9 to 11 a.m. There will be a \$1 charge per child per visit.

All children must be registered at the front desk before proceeding back to the babysitting room. You will be given a list of babysitting guidelines, and your child will be given an identification sticker.

For safety reasons, children are not permitted in the gym or class areas.

LOCKER/SHOWER FACILITIES

Locker and shower facilities are available on the first floor of the Valley Sports Complex. Please bring your own lock with you to secure your personal items.

CHIROPRACTIC SERVICES

Dr. Lawrence York

of USA Fitness and Chiropractic Center

Dr. Jonathan Pallone

of Pallone Family Chiropractic

Their offices provide a wide range of chiropractic services, massage therapy and nutritional counseling. Most insurances are accepted or payment plans can be arranged. Call 724-337-6568 or stop in to make an appointment.



FITNESS CENTER HOURS

5 a.m.- 9 p.m. Mondays-Fridays

8 a.m.-5 p.m. Saturdays

10 a.m.-2 p.m. Sundays

USA Fitness and Chiropractic Center

700 Craigdell Road
New Kensington, PA 15068

724-337-9992

www.usafitness-chiro.com



USA Fitness and Chiropractic Center is owned and operated by Larry and Denise York. Located on the second floor of the Pittsburgh Ice Arena, USA Fitness and Chiropractic Center offers a variety of services for its members.

USA Fitness offers two types of memberships:

Gym/Aerobic package

This includes unlimited use of

- ★ Indoor walking/running track
- ★ Cardiovascular equipment
- ★ All weight machines
- ★ Free weights
- ★ Aerobic program
(including unlimited yoga classes)

Spinning and/or tanning or hydrotherapy sessions can be added for an additional fee.

Spinning/Aerobic package

This includes unlimited use of

- ★ Aerobic programs
(including unlimited yoga classes)
- ★ Spinning programs

Use of the gym and/or tanning or hydrotherapy can be added for an additional fee.

At USA Fitness, we know that joining a fitness facility is an important step in your life, and we will do everything we can to promote a positive, welcoming environment for you!

Every new membership includes a complimentary training session and a free chiropractic consultation.



MEMBERSHIP

contracts can be canceled with signed 2 months notice

Adult

\$40 per month

Family

\$40 per month for initial member
\$20 per month for each additional family member (in the same household)

Senior Citizen/Students

\$30 per month

Track-only

\$30 per month

ONE-MONTH MEMBERSHIP

Adult

Each additional family member: \$25

\$50

Seniors/Students

\$38

Track-only (adult)

\$39

Track-only (seniors/students)

\$29

Tanning only

\$35



MEMBERSHIP ADD-ONS

- ★ **Unlimited tanning**
— Year's worth for \$12 per month
— Month's worth for \$25 per month
- ★ **Unlimited spinning**
— to a gym/aerobic contract for \$15 per month

ONE-MONTH MEMBERSHIP ADD-ONS

- ★ **Unlimited tanning** for \$30
- ★ **Unlimited spinning** for \$22
- ★ **Unlimited hydrotherapy**
— 20-minute sessions for \$15

NON-MEMBER TANNING

- ★ **Unlimited tanning** for \$180 per year

RATES CAN BE PAID TWO WAYS

- 1** Deduct the fee from your checking account or credit card each month. (This method requires paying the first month's fee up front plus an additional one-time registration fee of \$29)
- 2** Pay in full with cash, check or credit card and receive a 15% discount (on adult membership only). Total cost for one year is \$408.

A \$10 key fee will be added to all new memberships

SHORT-TERM PASSES

1-day: \$10 • 1-week: \$30 • 2-weeks: \$40

SPINNING OR AEROBIC CARDS

10 classes for \$40

★ USA Fitness offers a 25% discount for police, fire and military personnel ★