

Which is the best choice for me?

AOA Program Membership

YEARLY Fee: \$110.00 for individual
\$120.00 for Household (couple)

Joining Fee : None

Punch Card : \$17.00 – has 10 punches per card

Times of use: 11:00am – 3:30pm daily
7 days per week

Free classes (Tues & Thurs):

- AOA Calendar posted

Additional classes:

Tuesdays & Thursdays

7 weeks- \$ 28.00

- Arthritis Water class at 1:00 pm
- Aquacise Water class at 1:50 pm
- Back Aid Water class at 2:45 pm
- Aqualates – small pool at 2:45pm

Mondays & Wednesdays

- Silver Splash class at 1:15 pm
- Aqua Chi class at 11:00 am

Facility use: (daily)

- 2 pools (large & small)
- 2 walking/running tracks (indoor & outdoor)
- Basketball gymnasium
- Steam Rooms
- Sauna
- Whirlpool
- Adult Locker Rooms

Note: No use of Fitness Center

Bonus: 15% off non-member rates and earlier than 'non-member' sign-up privileges for classes

Full Membership

MONTHLY Fee: Individual \$46.80 per month
Household \$67.50 per month

Joining fee: (1 time) \$40 Adult \$80 household
(Can stop membership at any time – no contract)

Times of use: Mon – Fri.: 5 am – 10:30 pm
Saturday – 7:30 am – 6:30 pm
Sunday – 10 am – 5:30 pm

Free classes:

- AOA Calendar events
- (land) fitness classes
- Spinning Classes
- Guest Privileges
- Free Towel Service
- AWAY privileges for other YMCA's

Facility use: (daily)

- 2 pools (large & small)
- 2 walking/running tracks (indoor & outdoor)
- Basketball gymnasium
- Steam Rooms
- Sauna
- Whirlpool
- Adult Locker rooms
- Racquetball Courts
- **Fitness Center:**
 - Free Weight Equipment
 - Treadmills
 - Upright Recumbent
 - Ellipticals & AMT machines
 - Steppers
 - Concept II Rowers
 - Cybex Circuit

Bonus: Member Rates (MANY classes are FREE) and earliest sign-up privileges for classes