



# FITNESS PROGRAMS FOR A LIFETIME

- *Over 40 years in the community*
- *A place for all stages and ages of fitness*



*Thank You for voting us  
Best Gym / Fitness Center*



YOGA, PILATES,  
& AEROBICS



WEIGHT  
TRAINING



AQUATIC  
TRAINING

**1407 Water Street • 257-7070**

**[www.thecenterforfitness.com](http://www.thecenterforfitness.com)**