

BUSINESS HOURS

MONDAY 6:30AM-7:30PM
 TUESDAY 6:30AM-7:30PM
 WEDNESDAY 6:30AM-7:30PM
 THURSDAY 6:30AM-7:30PM
 FRIDAY 6:30AM-7:00PM
 SATURDAY 10:00AM-1:00PM



CLASS SCHEDULE

CLASSES ARE FOR FREE TO MEMBERS

MONDAY	
12:00 PM	STEP WITH ADELLA
1:00 PM	SPIN WITH ELSIE
5:00 PM	ABS WITH KRISTINE
5:30PM	AEROBICS WITH KRISTINE
TUESDAY	
12:00 PM	ZUMBA WITH ROSE
1:00 PM	KETTLEBELLS WITH RONI
5:00 PM	ABS WITH VERONIQUE
5:30 PM	SPIN & KETTLEBELLS
WEDNESDAY	
12:00 PM	BODY SCULPT WITH ELSIE
1:00 PM	SPIN WITH ELSIE
5:00 PM	ABS WITH KELLY
5:30 PM	MUSCLE TONING WITH KELLY
THURSDAY	
12:00 PM	STEP WITH ADELLA
1:00 PM	KETTLEBELLS WITH RONI
5:00 PM	ABS WITH KRISTEN
5:30 PM	BOLLYWOOD WITH KRISTEN
FRIDAY	
12:00 PM	ZUMBA WITH ROSE

MEMBERSHIP RATES

	QUARTERLY FEE	INITIATION	ANNUAL
INDIVIDUAL	\$57.00	\$40.00	\$10.00
3-14 EMPLOYEES	\$51.00	\$10.00	\$10.00
15+ EMPLOYEES	\$45.00	\$10.00	\$10.00
Annual 3-14	\$200	\$10.00	\$10.00
Annual 15+	\$180	\$10.00	\$10.00



THE KILROY FITNESS CENTER

Refunds are prohibited unless
 Cancellation Requests are
 processed at least 5 days before the
 end of the quarter.

THE FITNESS CENTER OFFERS

FREE WEIGHTS

WEIGHT MACHINES

AEROBIC CLASSES

CARDIO MACHINES

LOCKERS

TOWEL SERVICE

WATER BOTTLES

PERSONAL TRAINING STAFF



THE FITNESS CENTER
FACILITY

A CLEAN, MODERN
FACILITY FOR THE
BUSY EXECUTIVE WHO
WANTS AN EFFICIENT
WORKOUT.

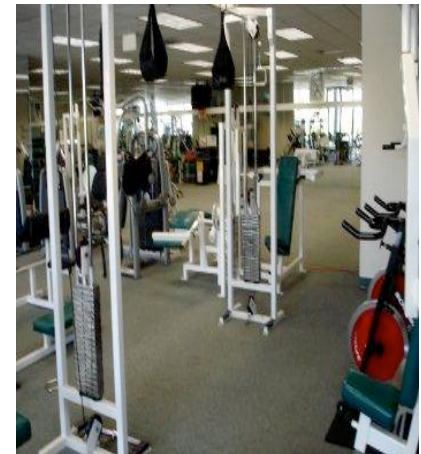


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The Fitness Center

AT THE KILROY AIRPORT
CENTER



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