



Better, Healthier You Fitness Facility

Facility Operations

Facilities Hours of Operations:

Open 24hrs / 7 days a week

Staffed Hours of Operations:

Tuesday/Wednesday/Thursday

7:00am - 5:00pm

Facility Amenities

Weight Room

Locker Rooms

Cardio Room

Showers

Group Fitness Studio

Towel Services

Multi-Fitness Studio

Self Care Products

Gymnasium

Professional Staff

Facility Membership

Membership Fee:

FREE

Membership Eligibility:

Employee, Spouse, Dependents -
(Ages 16-26yrs) & Retirees

Facility Services

Group Fitness

Rec. League Play

Personal Training (fee)

Challenges

Classes

Education

Equipment Orientation

Events

Assessments

Happy Hours

Facility Locations

Main Fitness Facility - Building 14-1N

***58 Satellite Facility** - Building 58A

***Pickle Plex** - Building 52

*Upcoming Programs & Events

Challenges:

- Jan - Take 10 Challenge
- Apr - Plank Challenge
- Oct - MAX10 Challenge

Events:

- Member Only Happy Hours
 - Jan 28
 - Mar 12
 - Apr 16
 - May 14
 - Jun 11
 - Jul 16
 - Aug 13
 - Sept 17
 - Oct 15
 - Nov 12
 - Dec 10

Programs:

- Recreational League Play
 - Feb - Singles Pickleball
 - Mar - Mix Match Volleyball
 - Apr - Doubles Pickleball
 - May - Cornhole
 - Jul - Softball
 - Sep - Volleyball
 - Sep - Doubles Pickleball

- Fitness Programs
 - Feb & Jul. Intro to Fitness & Nutrition

**Subject to change*

For more information on the programs and services the Optimal You Fitness Facility has to offer and/or to download membership forms, scan here.

NOTE: *Not all programs and services are available at all locations and are subject to change.*

**Employees only location*

