

Membership Pricing:

12 Month Agreement \$225 initiation (3 month and Special Hours Memberships also available)

Regular Membership

Single - \$79

Couple- \$125

Family of 3- \$157.50

Family of 4- \$180

Family of 5- \$197.50

Family of 6- \$225

Senior Rate - \$52

Senior Couple -\$79

Corporate Membership Rate

12 Month Agreement \$225 initiation
*The corporate rates apply to individuals that work for a business within the Greater Ukiah Chamber of Commerce or a government agency., the School District or Hospital.

Single \$71.10

Couple \$112.50

Family of 3 \$141.75

Family of 4 \$162

Family of 5 \$177.75

Family of 6 \$202.50

Group Fitness Classes

Group classes with 40+ instructors so you're bound to fall in love!

Group Fitness classes provide a built in gym partner! Our certified instructors will guide you and give modifications for your current fitness level. See our class schedule at Guest Services or take a copy home. We update them monthly and all changes from the previous month will be highlighted.

Aqua classes and Kids classes are included on the Group Fitness schedule. Group Fitness is really for every age and skill level. Ask Guest Services to recommend a class that will fit your needs!

We have a cycle room and 3 other Group Fitness Studios.



A Guide To What Your MEMBERSHIP INCLUDES:



- Group Fitness Classes
- Weight Rooms
- Sauna
- Cardio Rooms
- Racquetball & Basketball Courts
- Hot Tub
- Kids Club
- Relaxing Outdoor Area
- Cafe with Food, Beer & Wine
- Community
- Discounts on swim lessons
- Discounts on Camps
- Discounts on Club events

Sign up online at uvathletic.com

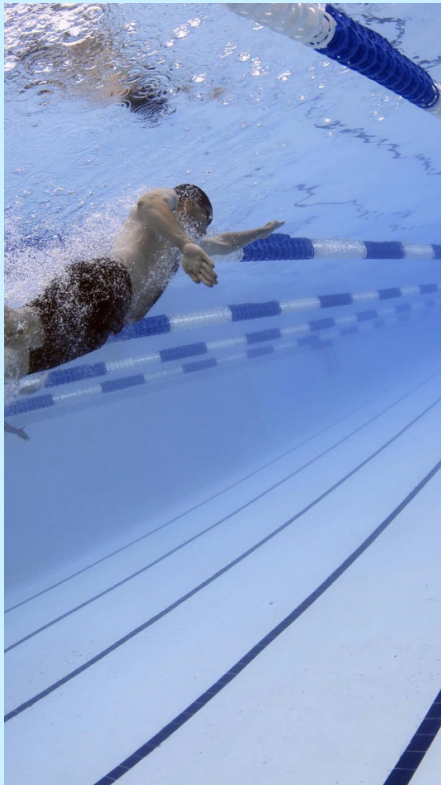
follow us on social media!



Indoor & Outdoor Pools:

The **Indoor Pool** temperature is currently kept around **88- 90 degrees**. This is a great temperature for kids swim lessons and Aqua aerobics. The indoor pool is **60'** in length and has a HydroRite UVO₃ filter. With the UVO₃ it also reduces chloramines by 50% or more to eliminate harsh chlorine odors and maximize swimmer comfort.

The **Outdoor Pool** temperature is kept around **78- 80 degrees** and is **75'** in length. Aqua aerobics classes are held outside upon request in the summer months. We also have a Master's Swim Mon-Thurs at 12 noon.



Kids Club

AGES 4-17 MONTHS RECEIVE 1 FREE HOUR OF CHILD CARE PER DAY

AGES 18+ MONTHS RECEIVE 2 FREE HOURS OF CHILD CARE PER DAY

Kids Club is one of the treasures here at UVAC. We pride ourselves on cleanliness, caring sitters and attention on the individual personalities that come into the Kids Club Clubhouse.

We play games, have dance parties, make crafts that go with the seasons and really make each child feel welcome and involved with the group.

CHILDREN MUST BE ON MEMBERSHIP

Hours

Monday through Sunday

8:30AM - 1:30PM

Monday through Friday

3:30PM - 8:00PM

Cardio Rooms

Our Cardio Rooms offer:

- 14 treadmills
- 4 AMT machines
- 6 ellipticals



Weight Rooms

Our Weight Rooms offer:

- Free weights
- Multiple circuit machines
- 3 cable crossovers
- Multiple styles and brands of machines to suit any fitness goal

Sauna

Electric Heater Sauna :

- Separate Men & Women's sauna
- Utilizes convection style air flow
- Includes elevated rock tray
- Can attain a maximum temperature of 194 degrees (temperature usually remains around 180 degrees)