



# NEW FEDERAL BUILDING FITNESS CENTER OPEN HOUSE & REGISTRATION

[SIGN-UPS IN ANNEX & BASEMENT LOCATIONS]

JULY 15<sup>TH</sup> (WED.) FROM 11AM – 2PM



## • GET THE OPEN HOUSE DISCOUNT!

- Open to all Federal/Contract Employees of
  - New Fed. Bldg.
  - 9<sup>th</sup> Cir. Ct. Bldg.
- Tour both gyms and locker rooms
- Get info on classes, equipment & training
- Enjoy appetizers



<i>Grades</i>		<i>Dues</i>	
GS	Commissioned Officer	Annual Dues 7/09 – 6/10	OPEN HOUSE DISCOUNT
1-6	O-1 to O-2	\$85	<b>\$75</b>
7-9	O-3	\$120	<b>\$110</b>
10-12	O-4	\$150	<b>\$140</b>
13	O-5	\$180	<b>\$170</b>
14-15, SES	O-6 and above	\$210	<b>\$200</b>

Classes (Free to Members unless noted)			
Mon	Tues	Wed	Thurs
	Indoor Cycling Yoga	PiYo Cardio Step	Indoor Cycling Yoga
Core Condit.	Body Sculpt	Cardio/Strength/ Circuit	Begin/Interm Step Aerobics
	Salsa/Tango [Additional Fee]	Balance/Core Condit./Flex.	

**FOR MORE DETAILS SEE:**

**[www.Fedgym.org](http://www.Fedgym.org)**