



## *Amenities*

### **Aerobic Studios**

- 45+ Classes per Week
- Multi-level Classes
- Yoga/Pilates
- Boot Camps
- Fitness and Conditioning

### **Spinning**

- 10+ Classes per Week
- Audio Equipment
- 25 Cycle Bikes

### **Cardio**

- Treadmills
- Elliptical Trainers
- Cross Trainers
- Upright Bikes
- Recumbent Bikes
- Stairmasters
- Step Mills
- Arc Trainer
- Personal Televisions
- Cardio Theatre

### **Gymnasium**

- 2 Full-size Basketball Courts
- Volleyball Courts
- Basketball Leagues (men's & coed)
- Volleyball Leagues (coed)
- Daily Pick-Up Games

### **Racquetball**

- 4 Racquetball Courts
- 1 Glass Court
- Multi-level Leagues
- Weekly Clinics
- Challenge Courts
- Tournaments
- Easily Converted to Wally Ball Courts

### **Strength Training**

- Full Array of Strength Equipment
- Free Weights
- Dumbbells up to 120 lbs

### **Women's Only**

- Private Room
- Strength Equipment
- Free Weights
- Cardio Equipment
- Towel Service
- Lounge Area
- Purified Water
- Private Bathrooms

### **Boxing**

Heavy Bag  
Speed Bag  
Boxing Equipment

### **Personal Training**

- Free Hour Orientation
- Half Hour or Hour Packages
- Couple or Group Training
- Body Fat Testing

### **Indoor Pool**

- Heated Swimming Pool
- Lap Lanes
- 14 Aquacize Classes/Week
- Water Weights & Kick-boards Available
- Outdoor Pool Deck

### **Locker Room**

- 2 Men's Locker Rooms
- 2 Women's Locker Rooms
- Sauna and Steam Rooms
- Whirlpool



# *Amenities*

## **Nursery**

- Available 6 Days a Week

## **Wave Sports Pub**

- Viewing of Enclosed Racquetball Courts
- Billiard Parlor
- 35 Billiards Tables
- 10% Off Billiards Table Rental for WOAC Members
- Ping Pong Tables
- Function Room
- 10% Off Function Room Rental for WOAC Members
- Corporate Corner for Smaller Gatherings
- Karaoke
- Trivia Contests
- Lottery
- ATM

## **Additional Amenities**

- Pro Shop Items
- Open 114 Hours a Week
- Open 364 Days a Year
- Ample Parking
- Drink Machine