

HOW DO YOU LIKE YOUR FITNESS?

CONVENIENT. Located next to Palo Alto Square, we make it easy for you to fit a workout into your schedule seven days a week.

CHALLENGING BUT SAFE. We'll help you determine what shape you're in with a free fitness evaluation. Then let our professional staff suggest an exercise level that's right for you.

VARIED. Our range of services will keep your interest and commitment high: racquetball/handball courts, Nautilus, exercise bikes, fitness classes including aerobics, running club, massage, sauna, spas and more.

LOW KEY. Tired of high pressure sales? You'll find our staff friendly and informative with your best fitness interests in mind.

COMFORTABLE. No matter what shape you're in, the encouraging spirit of our staff and members goes a long way towards putting you at ease while working out.

Join in September and receive next month's membership FREE!

YMCA

**Page Mill Fitness Center, 755 Page Mill Rd., Bldg. B, Palo Alto, CA 94304
(415) 858-0661**