



JOIN US! "THE GYM"

AN ANNEX OF THE PENTAGON ATHLETIC CENTER

WHO CAN JOIN?

All active duty, retired, reserve military and Department of Defense civilian employees are eligible to become members.

WHERE IS IT?

"The Gym" is located on the ground floor of the west tower of the Mark Center Complex at 4800 Mark Center Drive, Alexandria, VA.

"The Gym" provides physical fitness facilities and fellowship for Department of Defense military and civilian employees. A non-appropriated fund activity operated by the Office of the Administrative Assistant to the Secretary of the Army, Support Services, Washington. "The Gym" is supported by member dues.

WHAT ARE THE HOURS?

"The Gym" is open Monday thru Friday 0530 – 1830. Doors remain open 1/2 hour past this time to allow members to shower, dress and exit the center. We are closed Saturday, Sunday and government holidays.

HOW CAN I JOIN?

Stop by "The Gym" membership counter. It only takes a few minutes to process an application. Your workout can begin the same day.

At a cost of \$240.00 per year, "The Gym" offers affordable fitness in a beautiful facility with state-of-the-art equipment, luxurious locker rooms, and fitness experts who can help get you started. **A non-refundable, \$25.00 processing fee is charged each time a new membership application is processed.** Dues are billed 45 days prior to the expiration of your membership period. Dues may be paid annually or in semi-annual installments:

Initial payment: Annual - \$240.00 + \$25.00
Semi- Annual - \$120 + \$25.00

Renewal: Annual - \$240.00
Semi-Annual - \$120.00

You may also join for weekly or monthly periods at a cost of \$10 per week or \$30 per month. Personnel on TAD/TDY may use the facility at a cost of \$10 per week or \$20 per month. A guest fee of \$4 is charged for daily use (\$1 for PT tests.) If you should PCS or decide to terminate your membership for any reason, the balance of your dues is refundable upon written request. Family membership plans are also available.

Payments may be made by check, money order, cash or credit card (Visa, MasterCard, Discover)

For more information or for directions, the membership staff can be reached at ((571)372-5685

THERE'S SOMETHING FOR EVERYONE!

- Strength Training Equipment
- Free Weights
- Group Exercise Classes
- Cardio Training Equipment
- Saunas
- Stretching Area

Amenities

Towel Service
Liquid Soap
Temporary Use Lockers
Cable TV
Music
In-house Paging

No Hidden Costs! Your Yearly Membership Dues Cover it All!

**CALL OR COME BY TODAY
WE'RE HERE FOR YOU!**

THE GYM

**An annex of the Pentagon Athletic Center
4800 MARK CENTER DRIVE
SUITE 01H26
ALEXANDRIA, VA 22350
(571) 372-5685**