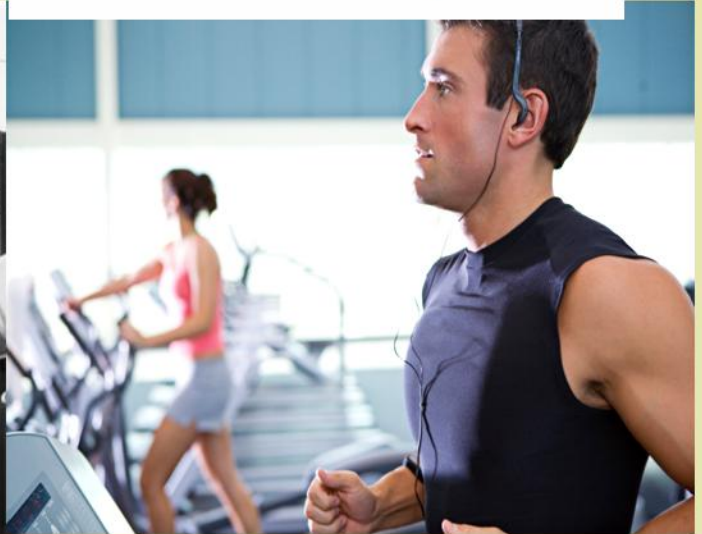


KoreaTown BIA
Korea Town Business Improvement Area



Miles Nadal JCC fitness



MEMBERSHIP HIGHLIGHTS & SERVICES

Locker Room facilities including day lockers, sauna, whirlpool and steam

Soap, Shampoo, Cream and Hairdryers

Cardiovascular and Cybex circuit training equipment

Free Weight Room

Group Exercise Studio with inclusive classes

Spinning Studio

Martial Arts/Boxing Studio

Yoga/Pilates/Stretch Studio

Gravity™ Studio

Salt Water Swimming Pool

Access to Core Programs (All-inclusive classes)

Complimentary Fitt Check/Equipment Orientation

Access to scheduled pick-up athletic programs and gymnasium use

Member rates on Specialty Fitness programs (classes, training, special events, swimming lessons)

Member rates on Athletic Programs and Fee for Service programs: Massage, Individual and group training

Member rates for many MNJcc culture and educational programs

Towel Rental \$2.25 per visit (up to 3 towels) or \$15/month added to billing (up to 3 towels)

Locker Rental Available in the hallway: 1/3 size \$12/month and basket size \$8/month

Changeroom Lockers Available with Service Package \$30/month. (Includes locker rental, towels and laundry service with laundry bag)

Basketball Rental \$20 deposit with I.D.

Locks Please bring your own lock to the facility or you may purchase one at the Fitness Reception Desk.

Bottled Water and other beverages available for purchase at the Fitness Reception Desk.

Discount Card All members can receive discounts at participating local businesses

MNJCC FITNESS MEMBERSHIP FEES AND CORPORATE DISCOUNT

REGULAR MONTHLY DUES (AS of August 1 st , 2010)	WITH DISCOUNT
Adult (26+) \$76.00(+HST)	\$64.60 (+HST)
Young Adult (18-25) \$61.00(+HST)	\$51.85 (+HST)

(*all fees are based on a perpetual membership)

MNJcc Fitness Hours of Operation

Monday to Friday
5:30 am – 10:00 pm
Saturday & Sunday
7:00 am – 7:00 pm

For more information please contact Manny Amaral at 416.924.6211 x503