

# Active Life

Fitness Center

## Membership Plans

	<b>Enrollment Fee</b>	<b>1 Year Contract Monthly Dues</b>	<b>Month to Month Monthly Dues</b>
Individual	\$60.00	\$45.00	\$50.00
Couple	\$75.00	\$65.00	\$73.00
Family	\$85.00	\$75.00	\$85.00
Daily Guest Fee -\$15.00			

Join our community dedicated to an active, healthy, lifestyle!  
 Choose a one year contract or a month to month membership.  
 When you join, you pay the Enrollment Fee and first month's payment.  
 We'll automatically draft your bank account or credit card each month.  
 Our flexible membership plan makes it easy to add other family members over time.

### Memberships Include:

Personal Equipment Orientation with a Fitness Professional  
 Cardio Machines, Cybex Strength Training Circuit, Free Weights  
 Group Exercise Classes: Zumba, Cardio, Yoga, Muscle Pump & more  
 24 / 7 Access for all Adult Members  
 Therapeutic Massage available

### STAFFED HOURS

Mon. - Thurs.	8:00am - 8:00pm
Fri.	8:00am - 5:00pm
Sat.	8:00am - 12:00pm

Build strength, endurance and energy for life.



Active Life Fitness Center  
 11815 Aspengraf Lane, Suite A  
 New Kent, VA 23124  
 804-557-3620

[www.activelifitnesscenter.com](http://www.activelifitnesscenter.com)  
[contact@activelifitnesscenter.com](mailto:contact@activelifitnesscenter.com)

Conveniently located in central New Kent County at Maidstone adjacent to New Kent Schools.