

SUGAR MILL ATHLETIC CLUB

Sugar Mill Athletic Club has one true mission... Serve the health and wellness needs of the residents of Sugar Mill Pond. We make it our business to maintain a clean, safe, energetic and friendly fitness environment for those residing in the neighborhood. When you combine quality fitness services with a welcoming and friendly atmosphere, you get a great place to work out and catch up with your friends and neighbors! Services include, but not limited to:

- Quality Private and Semi-Private Personal Training
- Motivational Small Group Fitness Camps
- Educational Classes for All Ages on Health and Wellness Related Topics
- Community Events
- A Comprehensive Group Exercise Schedule Provided to the residents of Sugar Mill Pond and open to the public for \$10/class

With 20 years in this industry and a true passion for delivering fitness services in a fun and enthusiastic environment, it's wonderful to see the Sugar Mill Pond community embrace health and wellness at the Sugar Mill Athletic Club!

Yours in Health,



Nate Pry M.S., ACSM
Owner/Fitness Director



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SUGAR MILL

ATHLETIC CLUB

“Exclusive Fitness Experience for Residents of SMP”

Membership Information

- Membership is Included as a Resident of SMP
- Two Entry Cards Included per Rooftop
- One Entry Card Included per Waterhouse/Village Station Apartments
- Activate New Memberships Available During Staffed Hours
- Additional Memberships Available for a One-Time Activation Fee of \$100, for Residents over the age of 13 Only
- A Comprehensive Group Exercise Schedule Provided to the residents of Sugar Mill Pond and open to the public for \$10/class

Personal Training

- Private \$55 per Hour
- Private \$30 per 1/2 Hour
- Semi-Private \$35 per Hour
- Semi-Private \$25 per 1/2 Hour

Locker Rental

- Large: \$180 per Year Paid in Advance
- Small: \$120 per Year Paid in Advance

Hours of Operation

- Card Access: 4 AM - 10 PM, 7 Days per Week
- Staffed Hours: 7:30 AM - 1 PM, Monday-Friday
4:30 - 7:30 PM, Monday-Thursday
8 AM - 12 PM, Saturday
- Premises Must be Exited by 10 PM or Alarms will Trigger Resulting in Suspension of Membership.

Club Policies

- Entry Card Required Upon Each Visit
- Double Entries on One Card will Result in Suspension of Membership
- Must be at least 13 Years of Age to Enter
- Membership Account Charges Not Available.
- Payments Accepted: Cash or Check

*** Comprehensive Camera System in Place ***