

## OUR CLUB: THE PREMIER WORKOUT CENTER

Our club is our life. And our members spend a lot of time with us. We support you—our members—by offering a superior facility with topnotch amenities. Here you'll find the best state-of-the-art equipment and professional trainers in the area.

We offer a wide variety of activities in both the coed facility and in our more private *club-within-a-club*, Toms River Fitness for Women. All this takes place in a fully equipped fitness center, four group exercise studios and two large indoor pools. If the class atmosphere works for you, we offer more than 150 fitness classes, including aerobics, body sculpting, spinning, Pilates, kickboxing and yoga. In addition, our health and fitness programs are continually growing and evolving.

Our aquatic center is nationally recognized for its award-winning exercise program. We offer classes in both the women's-only pool and the larger, six-lane, 75-foot co-ed pool. Even while aquatic classes and other activities are in progress, lanes are always open for lap swimmers. Swimming lessons are available for adults and children of all skill levels. We invite you to meet with Aquatic Director Francine Demola to discuss the best aqua alternatives for your goals and needs.

The spacious fitness floor has the latest equipment, featuring recognized names like Hammer Strength, Paramount and Icarian. The cardio mezzanines showcase the new *world standard* of treadmills, integral TV Technogym.

Introductory fitness-training instruction is complimentary and first rate. Once you join—and if you choose—we'll evaluate your fitness level and walk you through a customized cardio and weight-training program. All our trainers are certified by leading industry authorities, such as ACE (The American Council on Exercise). In addition, each trainer offers private personal-training services.

From the marble entryway to the roominess and cleanliness of the locker rooms to the camaraderie at the coffee bar to the contagious excitement of classes, **Toms River Fitness & Aquatic Center** and **Toms River Fitness for Women** have everything you need...and everything you'd expect from a first-class fitness club.



## CHILDCARE: FRIENDS FOR YOUR LITTLE ONES

One of the greatest benefits of our club is our exceptional childcare program, available to children as young as six weeks old. We're one of the few health clubs in New Jersey to offer the safety of separate rooms and staff for newborns, toddlers and pre-schoolers. And because we care about your peace of mind, we broadcast the picture from the nursery security camera to TVs in each group-exercise studio and on **every treadmill and upright stationary exercise bike in the building.**

Moreover, it's our goal that your children enjoy coming to the gym as much as you do. And you can rest assured that they're well cared for, safe and having fun. For your toddlers, pre-schoolers and even pre-teens, the nursery staff provides scores of activities and programs that will not only entertain them, but help them grow and learn, too.

Childcare is available every day of the week. Schedules are always available at the front desk or online at our website, [www.trfitness.net](http://www.trfitness.net).



# FITNESS CLASSES

## **FITNESS CLASSES: LET'S MOVE!**

Whether you need a gentle mat exercise or an intense cardio-conditioning workout, **Toms River Fitness & Aquatic Center** and **Toms River Fitness for Women** have a class for you. With over 150 innovative classes led by enthusiastic and professionally trained instructors, you can find the right mix of group-exercise classes to suit your specific schedule, fitness goals and interest level. All our classes are free, with the exception of our popular spinning classes. (New members receive five complimentary spinning classes.)

Group exercise classes start at 5:30 a.m. during the week and run past noon. Afternoon classes start as early as 3:00 p.m. and end at 8:00 p.m. most weeknights. On weekends, classes run from 7:00 a.m. on Saturday and 8:00 a.m. on Sunday and end toward noon. In effect, almost any time you're in the club, there is a class going on!

Schedules are conveniently located at the front desk and posted around the club for viewing. You can also see updated schedules on our website at [www.trfitness.net](http://www.trfitness.net). Changes due to inclement weather are posted there as well.

Beginners are encouraged to try the multitude of easy, low-impact classes available during the week. Our supportive staff will coach and guide you through the new steps and moves. Before long, you'll be helping the new beginners in the class!

Veteran cardiovascular fitness diehards and athletes-in-training will be challenged by the experience and intensity of our instructors in advanced classes. They'll drive you to new heights and make it fun while you improve in strength and endurance.

Whatever your fitness level, we encourage you to meet with Assistant Group Exercise Manager Melissa Clark to discuss the group-exercise programs that best suit your needs and exercise objectives.



# GETTING PERSONAL

## **GETTING PERSONAL: PROFESSIONAL FITNESS TRAINERS**

Every employee at the club strives to give you attentive and responsive customer service. But perhaps you want something more...something beyond the regular routine. You may be ready for a certified trainer.

With more than a dozen highly qualified, knowledgeable, certified trainers available at the club, you will learn how to enrich your workout experience by improving performance, technique and strength. Your personal trainer will first take a thorough inventory of your statistics, lifestyle, nutritional habits and performance levels.

Next, he or she will work closely with you to customize a practical, yet extensive program for you based on leading fitness-industry standards. More importantly, your personal trainer will coach you, encourage you and guide you to reach your goals.

He or she will educate you on the physiological changes taking place that are literally transforming you into the person you want to be. This way, armed with knowledge of the biochemistry of fitness, you'll be prepared to maintain and moderate your fitness profile for the rest of your life.

While we highly recommend it, we offer personal training solely as a personal choice for our members, which they may purchase. Make an appointment and see if it's for you.



# ESPECIALLY FOR WOMEN

## **TOMS RIVER FITNESS FOR WOMEN**

Designed to give you the freedom, comfort and privacy of a true women's fitness club, our women's-only fitness center is a separate club-within-a-club adjacent to our main co-ed facility. When you simply want to work out exclusively with your own gender, or you want a quieter, more private *hideaway*, this can be your sanctuary. The club even has its own outside entrance and reception area.

Take advantage of cutting-edge equipment in your own weight room and fitness floor. Over 150 group exercise classes include spinning, Pilates, yoga, step/abs, body sculpting, aerobics and even weight training. The women's club has its own pool. Relax in the very private sauna or Jacuzzi after a workout. If you enjoy aqua training, our women's-only water-fitness program was recently rated #1 by the U.S. Water Fitness Association.

A tradition of serving the needs of women is also exemplified in our two sister facilities, **Fitness for Women** located in Brick and Oakhurst, N.J.



*Fitness for Women*  
Toms River

toms river  
**fitness**  
& Aquatic Center

# WELCOME

## WELCOME

Welcome to our club! We're happy you walked through our door. At **Toms River Fitness & Aquatic Center** and **Toms River Fitness for Women**, your first step toward new goals is our opportunity to serve you.

Everyone working here knows it's his or her job to care for your well-being. Each of us sees you as a person, not a shape or an age. And whatever motivated you to come in, we congratulate you on taking that first big step. You are important to us, and our caring, responsive and knowledgeable staff will help you achieve your personal health and fitness goals.

We are family owned and family run, and it's been this way since 1978. We've always had a passion for our business, and it reflects in how we define ourselves: as a *premier facility*.

The staff you'll meet is like extended family. And while they're friendly and attentive people, they're also profoundly serious about fitness and training. Along with their smiles and good nature are industry certifications and years of hands-on, practical experience you don't often find in other health clubs.

But the best reason to keep walking through our door is the community that's here. Our club is a place where friends meet and new friendships blossom. We work hard and play hard, laugh at our trials and errors and celebrate our triumphs. Members *belong* in the truest sense of the word. They succeed. They reach their goals. They have fun.

Welcome. Let us help you with your self-renewal. You'll love it here.

Sincerely,

*Ray Lynnworth*  
*Shelley Lynnworth*  
*Jill Rand*  
*Kevin Rand*

Ray and Shelley Lynnworth  
Kevin and Jill Lynnworth-Rand  
Owners

toms river  
**fitness**  
& Aquatic Center

