

# Smitty's Iron Works

(989) 837-8700

State of Michigan Employees:  
10% Discount off monthly & yearly memberships.

**We Offer a Variety of Membership and Payment Options!**

Individual Membership    \$305 or \$50 Down/\$26.95 per Month  
Double Membership        \$509 or \$50 Down/\$44.95 per Month  
Family Membership        \$611 or \$50 Down/\$53.95 per Month  
(\$50 processing fee - auto drafting)

### **Child Care available**

10,000 Lbs of Free Weights                      Full Line of Cybex Equipment  
Cardiovascular Training Center              Locker Room Facilities  
Personal Training                                  Nutritional Advising  
Fitness Assessments (includes: Body Fat Testing, RMR, & VO2 Testing)

### **Comprehensive Aerobics Class Offering**

\*Spinning    \*Boot Camp    \*Step Aerobics    \*Yoga (& Power Yoga)  
\*Pilates        \*Toning Class    \*Low - Mid Impact Aerobics    \*TurboKick  
(We are the only facility in town to offer this high energy class!)

### Gym Hours

Monday - Thursday    5:00am - 10:00pm  
Friday                    5:00am - 8:00pm  
Saturday                7:00am - 3:00pm  
Sunday                   10:00am - 3:00pm

### Gym Location

601 East Wackerly  
Midland, MI 48642  
(989) 837-8700

*Helping You Achieve Your Health  
& Fitness Goals!*