

UNION CITY SPORTS CENTER

31224 UNION CITY BLVD. UNION CITY, CA 94587

PHONE: (510) 675-5808 FAX: (510) 489-8620

WINTER/ SPRING OPERATING HOURS: MONDAY - FRIDAY, 5:30 AM- 9:00 PM • SATURDAY, 7 AM- 12 PM • SUNDAY 8 AM- 1 PM.

WE WANT YOU to help Union City become a healthier community. The Union City Sports Center offers a full state-of-the-art fitness center, aerobics room, locker rooms, child care center and a 12,000 square foot gymnasium offering new adult sports programs. Open gym time for basketball, volleyball, badminton, table tennis and family fitness programming are also available to members. Health and nutrition classes, personal training, small group specialty exercise programs and fitness therapy is available. The UC Sports Center is also available for private rentals on Saturday afternoons and evenings. The gymnasium can accommodate up to 500 persons banquet style, 600 for assembly style. Limited child care and youth activities available. For more information, please call (510) 675-5808, Monday- Thursday 8:00 am- 8:00 pm.

MEMBERSHIP	DESCRIPTION	RESIDENT	NON-RES	MEMBERSHIP	DESCRIPTION	RESIDENT	NON-RES
Annual Adult Membership	12 month membership for adults 18 years or older.	\$325	\$360	Annual Youth Membership	12 month membership for youth and teens between 11 – 17 years.	\$100	\$115
Annual Dual Adult Membership	12 month membership for two (2) adults, 18 years or older who share the same address.	\$570	\$620	3 Month Youth Membership	3 month membership for youth and teens ages 17 and younger.	\$50	\$60
Annual Flex-Time Membership	Limited access 12 month membership for adults 18 years or older. May only be used during non-prime time hours, Monday-Friday, 9 am-3 pm; and any time on weekends.	\$225	\$250	Annual Family Membership	12 month membership for families consisting of up to two (2) adults and unlimited number of children (under the age of 23 years) all living at the same address. For children between the ages of 18-22 to be considered as part of the family membership, they must be claimed as dependant and be full time students.	\$625	\$695
20 Visit Adult Membership	20 visits for adults 18 years or older. Visits are valid for up to 6 months from date of issue.	\$99	\$110	20 Visit Adult Flex-Time Membership	20 limited access visits during off peak hours for adults 18 years or older. Visits are valid for up to 6 months from date of issue. May only be used Monday – Friday, 9 am – 3 pm & any time on the weekends.	\$60	\$70
3 Month Adult Membership	3 month membership for ages 18 years or older.	\$120	\$135	Daily Drop-In Rate	Adult: Single visit includes full access to fitness equipment, core group exercise classes and open gym.	\$7	\$12
				Daily Drop-In Rate	Youth Single Visit:	\$5	\$10

•Ages 10 years and under may only participate in supervised youth activities and classes or with an adult during Family Fun open gym times.

••Ages 11-15 may ONLY participate in supervised youth activities and classes, or open gym but must be accompanied by an adult.

•••Ages 16-17 years may have access to fitness room, equipment and classes with a parental consent form on file.

With your membership to the Union City Sports Center, you are able to come to our wide variety of group exercise classes from yoga to Cardio Kickboxing. Group exercise is a fun and effective way to stay physically fit. With our energetic, dynamic, and knowledgeable instructors you are sure to reach all your fitness goals. Come down to the Union City Sports Center today and take full advantage of a membership. Make the investment and see the benefits. For more information about our fitness programs, group exercise, or personal training, please call (510) 675-5808.

Our Classes Include:

Yoga • Pilates • Cardio Kickboxing • Step Aerobics
Strengthen and Lengthen • Guts and Butts • Circuit-Spin
On the Ball • T'ai Chi • Cardio Latino • Cardio Sculpt
Silver Sneakers • Zumba

Not a Sports Center Member? Drop in for just \$7 a class! Call 675-5808 for class days and times!

Personal Training

We at the Union City Sports Center, are offering personal training to our members. Our certified personal trainers will instruct you to a new, stronger, and healthier body. Learn the keys to changing your body composition, the use of proper bio-mechanics, anatomy, physiology, and proper nutrition. For more information about our fitness programs, group exercise, or personal training, please call 675-5808. Take Advantage of our Low Prices!

One on One Training

1 Session - \$50 • 4 Sessions- \$160 • 8 Sessions- \$300

