

FAMILY *Life* CENTER

A fitness & recreation facility
of Second-Ponce de Leon
Baptist Church

70,000 Square Feet Packed with Fitness Opportunities!

Gymnasium

The gymnasium has a regulation-size basketball court with adjustable goals and an in-ground volleyball system.

Weight Room

The Weight Room has numerous Body Masters and Cybex weight machines. A complete set of hand weights and weight benches, as well as multiple racks of free weights, are also available for your strength development.

Indoor Track

The indoor walking/running track is 1/9 mile. Lap counters may be checked out at the reception desk.

Cardio Center

The Cardio Center is fully equipped with Precor Cross-trainers and treadmills, Stairmasters, upright and recumbent stationary bicycles, and Schwinn Airdyne bikes.

Racquetball Courts

Two full-size racquetball courts may be reserved one day in advance by calling or stopping by the reception desk. Players must wear eye goggles.

Sauna and Steam Room

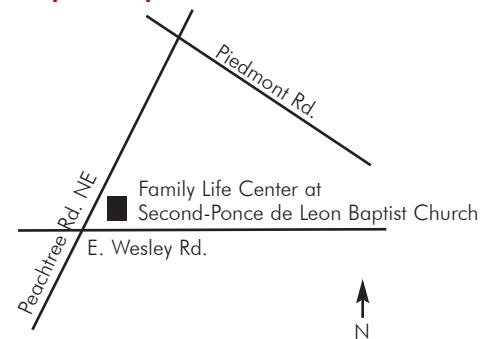
Relax in the heat of the sauna or steam room, located in the men's and women's locker rooms.

VISIT SPDL.ORG

Find out about land and water aerobic classes, yoga, pilates, and more. Plus see photos of the facility, check out the Junior Olympic Indoor Pool, and learn more about fitness training.

Monthly Memberships

Community Adult (23-61)	\$42
Senior Adult (62+)	\$28
Student (14-22)	\$24



404.231.0375 or spdl.org

2715 Peachtree Road NE / Atlanta, GA 30305 ~ Corner of Peachtree & Wesley Roads in Buckhead
Open Monday~Friday 5:30 a.m.-9:30 p.m. ♦ Saturday 8:30 a.m.-5 p.m.

FREE TRIAL MEMBERSHIP

If you have never been a member of the Family Life Center, present this coupon at the FLC Reception Desk and receive a two-week FREE trial membership. Trial Members are invited to join the FLC at the regular rates after the 14-day trial period is over.

Name: _____ Date: _____ Staff Initials: _____