

Full-facility Memberships are now available for High-School Students!

- *Fitness Room
- *Indoor Pool
- *Group Exercise Classes



WHAT DO YOU WANNA DO?



Mission Statement

The Ludlow Community Center/Randall Boys and Girls Club provides year-round youth and family services, programs and activities that are convenient, affordable and accessible to all ages and backgrounds through an effective partnership between the public and private sectors.

All programs focus on developing strong character and leadership skills and are conducted in a safe, nurturing environment by a well-trained and professional staff at a facility built by the community for the community.

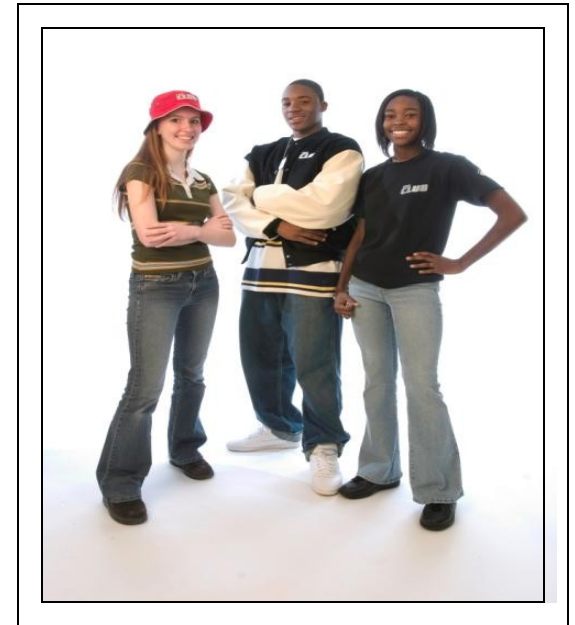
GREAT FUTURES START HERE.

Making an **IMPACT** through...



**LUDLOW COMMUNITY CENTER
RANDALL BOYS & GIRLS CLUB**

Membership Options for High-School Students



Ludlow Community Center /
Randall Boys & Girls Club
91 Claudia's Way
Ludlow, MA 01056
413-583-2072 V/TTY
www.ludlowbgc.org

Group Exercise Classes

Cardio Kickboxing

Zumba

Zumba Toning

Boot Camp

Yoga

Strength & Core

Core Stability

Balletone Sole Synthesis

Mat Science

Pilates

Cardio Mix

**See monthly Group Exercise Schedule for classes times.*

Fitness Room

Our Fitness Room is open 7 Days a Week!

Cardiovascular Equipment

Precor Elliptical Cross-Trainers
Precor Treadmills • Concept II Rowers
Vision Fitness Spin Bike • Precor Stair Stepper
Recumbent & Upright Bikes

Strength Equipment

- Cybex Strength Training equipment
- Cybex BRAVO Functional Trainer
 - Medicine Balls, Dumbbells, Sandbells, Stability Balls & More!

***Members ages 14-17 must complete a Fitness Room Orientation prior to using the Fitness Room without a parent/guardian.**

For additional information about our fitness programs, contact Donna Boydston, at 583-2072 or dboydston@ludlowbgc.org.

Pool

Enjoy our Indoor, six lane, 25 yard Pool!

We offer the following aquatics programs throughout the year:

- **Water Aerobics Classes**
- **Adult & Family Swim Times**
 - **Swim Lessons**
 - **Swim Team**

For additional information about our aquatics programs, contact Jenn Gott at 583-2072 or jgott@ludlowbgc.org.

**See monthly Pool schedule for swim & class times.*

Teen Membership Options

Full-Facility Membership

Includes Fitness Room, Pool & Group Exercise Classes

1-Month Membership
\$15

3-Month Membership
\$30

12-Month Membership
\$100

**Monthly auto withdrawal payment option is available for 12-Month Membership.*

Drop-In Fees

Group Exercise Classes
\$5 per class

Pool
\$3 per visit

Open Gym
\$2 per visit

**Drop-ins not permitted for Fitness Room*

**Family Membership options are also available. Contact our membership desk for more information.*