

# "The Gym at Ice Works"

1590 N. Florida Mango Rd.  
West Palm Beach, Fl. 33409 - 5212  
561 656-4046



*Available Now...*

**Gym Membership - \$29/mo.**

**Plus...**

~ **Personal Training with a Certified Trainer**



~ **Private or semi private Pilates Training**

~ **Active Isolated Stretching** aiding greater flexibility

~ **"Wave Vibration"** sessions to greatly increase flexibility, improve circulation, increase muscle strength and help in losing weight all in a great 15 minute work-out. You just won't believe what you can accomplish in just **15 minutes!**

~ Too hot to walk outside?... Yeah, we think so too.

So, join **The Gym at Ice Works** and enjoy a cool 8 lap mile around our ice rink! It's just like a brisk walk on a fall day. Where else in Palm Beach County can you get that?

~ For more information call Bridgett Marx (561) 386-8981

