

Corporate Fitness Membership

The "Pip" Moyer Recreation Center offers an affordable health club service for your organization!

Our corporate membership program provides your employees with fitness services and amenities at a very affordable cost for your business. Provide your employees with the gift of health and transform your company into the best shape of its fiscal life!

Your membership will include unlimited use of the fitness center, group exercise classes, indoor track, gymnasium and the rock climbing wall. Your employees may also use Kidz Zone babysitting services and Ballocity™, the indoor playground for children, however extra fees apply.

- Corporate members may have up to 15 employee (members) listed on their membership.
- The business is issued five membership cards that are transferable within the company (only 5 of the 15 are allowed in PMRC at one given time).
- Business located in the City of Annapolis = \$1,750 (annual)
- Business not located in the City of Annapolis = \$2,013 (annual)

For more information, please e-mail mnbrown@annapolis.gov or visit the PMRC Front Desk.



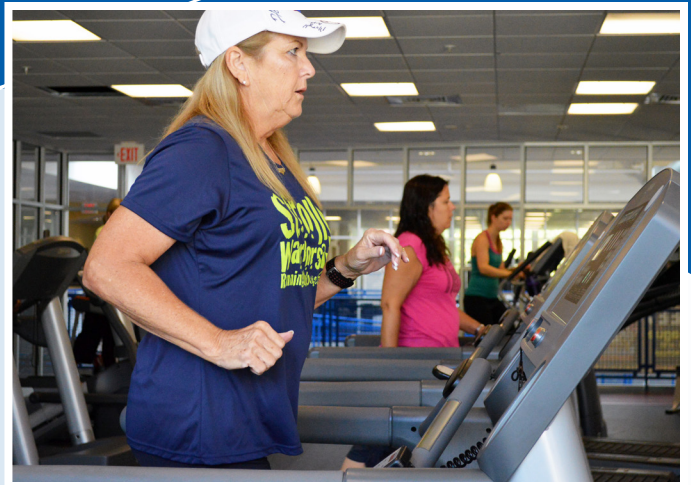
annapolis
recreation & parks

Healthy Living Starts Here.

Roger W. "Pip" Moyer
Community Recreation
Center at Truxtun Park
(PMRC)

273 Hilltop Lane, Annapolis
Phone: 410.263.7958

www.annapolis.gov/recreation



"I have never been healthier and I just turned 65. I have lost 40 pounds in less than a year and take no medications. I have been a member of two other gyms and I've found that PMRC and its employees are the best. It is affordable and centrally located. These programs are essential to the health and well-being of the citizens of Annapolis. I encourage more people to try out PMRC to see how awesome it is." - Donna McKenney

BENEFITS FOR YOUR COMPANY WILL RESULT IN HEALTHIER EMPLOYEES

- Exercise helps achieve higher mental concentration and be more alert
- Exercise improves reaction time, memory and decision-making ability
- Team morale, commitment and loyalty will improve
- More energy at work
- Reduction in stress levels
- Employees will take fewer sick days
- And the best part... you give something back to your employees!

Contact us today for an onsite company fitness evaluation!



PMRC IS A STATE-OF-THE-ART AND UNIQUE FACILITY FOR FITNESS AND RECREATION

- 3000+ square foot fitness center includes cardio equipment, free weights, and plate-loaded fitness equipment.
- Group Exercise with more than 40 fitness classes offered at PMRC each week including cardio, strength, cycling, yoga, barre, Zumba® and boot camp.
- Indoor walking/jogging track
- Locker rooms with showers
- Open gym for basketball and volleyball
- 30' rock climbing wall
- Auxiliary gym for non-court sports
- Ballocity™ indoor playground for children
- Kidz Zone babysitting (age 4 months – 12 years)



PERSONAL TRAINING

We offer certified personal trainers that provide customized, goal-oriented and progressive workout plans. Sessions are tailored to address individual needs, experience levels and any specific health considerations.

Personal trainers nurture motivation, provide accountability for success and educate on the principles and philosophies of fitness needed to efficiently achieve desired results. A variety of fresh training methods and techniques are continuously applied to create fun, safe, challenging and effective workouts!

Extra fees apply for personal training.



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