



Most people are unaware of the Mount Vernon Athletic Club's existence before they visit their facilities, but after becoming a member, those people think of it as a home away from home. Located off of Route 1, behind where the old movie theatre used to be, lays the Mount Vernon Athletic Club, home to five indoor tennis courts, a fully equipped gym, a day spa, tanning equipment, one racquetball court, as well as tennis pros and physical trainers to help you improve your tennis skills and your health.

This Van Metre Property has an activity for every type of personality: if you're more interested in massages and relaxing facials, if you need to have group classes such as zumba, yoga, or body pump, if you'd like one on one personal training, if you want to get fit while playing an enjoyable sport, or if you would just like to

understand more about nutrition, the Mount Vernon Athletic Club has something for you! With multiple types of membership programs, flexible hours, and child care, they make sure that the club fits around your life schedule, not the other way around.

The Mount Vernon Athletic Club wants to ensure that you have a fun, inviting experience in a social atmosphere, and if you are not positive that will happen, you are more than welcome to use a free 7-day trial membership to see how the Mount Vernon Athletic Club incorporates into your lifestyle. They have multiple fitness classes that are free for any members (spin, yoga, body pump, zumba, pilates, and many more). Classes taught by personal trainers include TRX (a body weight exercise class) and Outdoor Intensity Boot Camp. Per-

sonal trainers are also available for one on one sessions.

The day-spa includes particular amenities that are not available in a typical salon. Treatments include waxing services for men and women, make-up consultations, multiple massages including hot stone, custom, and Swedish, as well as facials and microdermabrasion. For free treatments, members can look just into their designated locker rooms to find saunas available for their use. The day-spa's goal is for all clients to feel welcome and comfortable.

As mentioned earlier, the Mount Vernon Athletic Club believes that the best way to stay healthy is to operate in a social and fun environment; the Mount Vernon Athletic Club strives to be a comfortable and enjoyable atmosphere every day. Please feel free to stop by and take a tour of the Mount Vernon Athletic Club's facilities, they guarantee that you will be surprised!

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Connecting Business and Community

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