

# 2026 SUMMER GUIDE



**YOUTH & ADULT PROGRAMS**

**CLINICS • LEAGUES • CLASSES • PARTIES • FACILITY RENTALS**

**732.681.8898 • 2903 HWY 138, WALL, NJ 07719**

**[WWW.GOODSPORTSUSA.COM](http://WWW.GOODSPORTSUSA.COM)**



# Birthday Parties

★ AT GOODSPORTS USA ★  
CELEBRATE YOUR BIRTHDAY WITH A

## SPORTS PARTY

ALL YOU BRING IS YOUR CAKE & GOODIE BAGS!



**SOFT HOCKEY ✪ FLAG FOOTBALL ✪ WIFFLE BALL  
KICKBALL ✪ DODGEBALL ✪ SOCCER ✪ RELAY RACES**

1 Hour of Sports & Play & 1/2 Hour All-You-Can-Eat Pizza Party


- Fun & Energetic Party Staff
- Spectator Seating
- Turf Fields
- Sports Equipment
- Party Rooms

*Summer Pool Parties Available!*

## LOTS of FUN!

732-681-8898 • [www.GoodsportsUSA.com](http://www.GoodsportsUSA.com)

Call or stop in to reserve your party date!



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# SUMMER 2026

# ADULT SOCCER LEAGUES

PLAYED AT GOODSPORTS USA

## LEAGUE HIGHLIGHTS:

- League standings & schedules posted on website
- Leagues separated into divisions based on team level
- Teams are **guaranteed nine scheduled 47 minute games**
- FREE League shirt for all players

## INDIVIDUAL PLAYERS WELCOME FOR ALL LEAGUES!

Individual players can join free agent list online.



## OUTDOOR LEAGUES HIGHLY COMPETITIVE

**7V7 ON OUTDOOR NEW TURF FIELD  
LATER GAMES WITH LIGHTS!**

### MENS OPEN

**ELITE DIVISION OFFERED FOR HIGH LEVEL TEAMS**

**Date** June 3rd & 4th - mid/late August  
**Day** Wednesday & Thursday with overflow Sundays if needed  
**Time** Games between 6:00pm - 10:30pm

### MENS OVER 30/OVER 40

**Date** June 1st & 2nd - mid/late August  
**Day** Monday & Tuesday with overflow Sundays if needed  
**Times** Games between 6:00pm - 10:30pm

**\$1095**  
TEAM FEE  
+\$25 REF FEES  
PER TEAM PER GAME



## INDOOR LEAGUES

**INDOOR AIR-CONDITIONED TURF FIELD  
WOMENS OPEN 7V7**

**6 FIELD PLAYERS + GOALIE**

**Date** June 8th & 10th - mid/late August  
**Day** Monday & Wednesday  
**Times** Games between 6:00pm - 10:30pm

### CO-ED 6V6

**5 FIELD PLAYERS + GOALIE**

- MINIMUM OF 2 FEMALE PLAYERS ON FIELD
- FEMALE SCORED GOALS COUNT FOR 2

**Date** June 7th & 9th - late August  
**Day** Sundays & Tuesdays  
**Times** 1:00-11:00pm Sundays & after 6:00pm Tuesdays

**\$1195**  
TEAM FEE  
+\$25 REF FEES  
PER TEAM PER GAME



ALL LEAGUE REGISTRATIONS NEED TO BE COMPLETED ONLINE WITH A \$100 NON-REFUNDABLE DEPOSIT.

# BOYS & GIRLS 8V8 HIGH SCHOOL SOCCER LEAGUES

PLAYED AT CAPELLI SPORT COMPLEX IN TINTON FALLS

**capelli**  
SPORT  
COMPLEX

**\$1050**  
TEAM FEE  
+ \$30 REF FEES  
PER TEAM PER GAME

## LEAGUE HIGHLIGHTS:

- FREE shirts provided for all players
- Limited to 60 teams
- Taking the 1st 30 Boys & 1st 30 Girls teams
- Varsity & JV divisions will be formed based on registration
- Club teams and high school teams welcome
- All games are played 8v8  
(7 field players and a goalie)
- Professionally managed by GoodSports USA staff
- Guaranteed six 55 minute games scheduled on the hour
- Licensed coaches are not mandatory, but a responsible adult needs to be present at all games

**Date** June 22nd - July 27th

**Day** Monday Nights

**Time** Games between 5:00pm - 10:00pm

## **GAMES ARE PLAYED RAIN OR SHINE\* ~ PLAYED UNDER THE LIGHTS!**

*\*In the event that any games are cancelled due to lightning or  
torrential rainfall they will be made up on another night if available*

**League Director: Mike Vita [mvita@goodsportsusa.com](mailto:mvita@goodsportsusa.com)**

*Graduated seniors cannot play in high school league but can play in adult league.*



**ALL LEAGUE REGISTRATIONS NEED TO BE COMPLETED ONLINE WITH A \$100 NON-REFUNDABLE DEPOSIT.**

*GoodSports reserves the right to adjust any league start date/day of the week if needed.*

# 1 WEEK SOCCER CAMPS

PLAYED AT CAPELLI SPORT COMPLEX IN TINTON FALLS

- Beautiful outdoor fields
- Bathrooms on-site
- FREE shirt for all campers

capelli  
SPORT  
COMPLEX

SST  
Soccer Specific Training

**Director:** Michael Turtle, SST Owner  
Former Rider University Assistant Coach  
**Camps will be staffed by SST trainers**

**Date** July 20th - July 23rd  
**Day** Monday to Thursday (rain date Friday 7/24)  
**Time** 9:00am - 12:00pm



## SKILLS & SCRIMMAGES CAMP

**BEGINNER/INTERMEDIATE LEVEL • NOT FOR TRAVEL PLAYERS**

**BRING A SIZE 4 SOCCER BALL** - write player's name on it.

**AGES 6 TO 10 YEAR OLD • BOYS & GIRLS**

\*Preparation for players looking to play travel soccer

### CAMP HIGHLIGHTS:

This camp has a mix of entry level, technical **skill development**. We will work in progression to take your technical & tactical skill to the next level with an emphasis on game fundamentals: Passing, Receiving, Shooting, Dribbling, Scrimmaging every day.

**\$250**  
PER CAMPER

**\$25.00**  
EARLY BIRD  
DISCOUNT

IF REGISTERED FOR SST CAMPS  
@ CAPELLI FIELDS BY JUNE 1st!  
Cannot combine with any other offers.

## POSITION SPECIFIC TRAINING CAMP

**JOIN GOODSPORTS & SST FOR AN INTENSIVE TRAINING EXPERIENCE!**

**U8-U14 BOYS & GIRLS • ALL LEVELS & GOALIES WELCOME!**

**MUST HAVE AT LEAST 1 SEASON OF TRAVEL TEAM EXPERIENCE**

### CAMP HIGHLIGHTS:

Our 12-hour camp this summer is ideal for any travel soccer player. Throughout the week, SST trainers will cover all aspects of the game. Players will have the opportunity to inform the coach of their specific position, allowing for tailored training to enhance their individual skills.

- Goalkeeper training with MVP
- One-on-one defending
- Creating space in the midfield
- Striking & finishing

**\$250**  
PER CAMPER

**\$25.00**  
EARLY BIRD  
DISCOUNT

IF REGISTERED FOR SST CAMPS  
@ CAPELLI FIELDS BY JUNE 1st!  
Cannot combine with any other offers.



*GoodSports reserves the right to adjust any days or times if needed due to weather*

# FUTURE STARS SOCCER CLINIC

CLIMATE CONTROLLED INDOOR TURF AT GOODSPORTS

**LEARN FROM THE BEST COACHES AT THE JERSEY SHORE!**

- Beginner Level
- FREE shirt for all players
- Participation awards
- Bring a size 3 ball

# \$168

PER PLAYER

**Clinic will be staffed by SST trainers**

**Director:** Michael Turtle Former Rider University Assistant Coach, SST Owner

**Date** 7/11, 7/18, 7/25, 8/1, 8/8, 8/15

**Day** Saturdays • 6 weeks

**Time** 9:30am - 10:15am

**Age** 3-5 year old boys & girls

*Any player 5 years old that has completed an intro class should register for skills and drills*

The Future Stars program is designed to introduce soccer to younger children in a fun, non-competitive atmosphere. The focus is to work on the fundamental skills of the game like passing, dribbling, and teamwork. Scrimmage will be played at the end of each session.



**Soccer Specific Training**  
EST. 2009

# SKILLS & DRILLS WEEKLY CLINIC

CLIMATE CONTROLLED INDOOR TURF AT GOODSPORTS

**LEARN FROM THE BEST COACHES AT THE JERSEY SHORE!**

**WEEKLY CLINIC HIGHLIGHTS:**

- Played on indoor air-conditioned new turf field
- Designed for the beginner player
- Boys & girls of all levels welcome
- Not for travel players
- 6 week clinic with 1 hour sessions each week
- FREE shirt for all players

# \$180

PER CAMPER

**Clinic will be staffed by SST trainers**

**Director:** Michael Turtle Former Rider University Assistant Coach, SST Owner

**Date** 7/8, 7/15, 7/22, 7/29, 8/5, 8/12

**Day** Wednesdays

**4 TO 6 YEAR OLD BOYS & GIRLS**

**Time** 5:30pm - 6:30pm

Entry level technical skill development with focus on passing, receiving, shooting & dribbling

**7 TO 10 YEAR OLD BOYS & GIRLS**

**Time** 6:30pm - 7:30pm

Taking your technical & tactical skill to the next level with emphasis on game fundamentals



**Soccer Specific Training**  
EST. 2009



# LACROSSE LEAGUES

**MENS LEAGUE: PLAYED AT CAPELLI SPORT COMPLEX**  
**WOMENS & BOYS HIGH SCHOOL: PLAYED AT GOODSPTS USA**



**\*GAMES ARE PLAYED RAIN OR SHINE\***

- All levels & club teams welcome
- FREE league pinnie/shirt for all players
- Guaranteed 7 games scheduled on 50 minute time slot
- Certified Referees at every game
- League standings & schedules posted to the website
- **NO DROP-INS** (must register for full season to be placed on a team)
- **Teams & Individuals welcome\***

\*Individuals registering as part of a team or with friends must note team name or other players in comment section to be placed on a team.



**GOALIES  
1/2 PRICE!**

(1 goalie per team that cannot play in the field. Must provide own equipment) Contact league director, Joe Petrillo for discount code.

## MENS 10V10 OPEN LEAGUE (MUST BE 18+ TO PLAY)

**PLAYED FULL FIELD - AT CAPELLI COMPLEX UNDER THE LIGHTS!**

- Must have a minimum of 14 paid field players on each team
- Only taking 8 teams

**Date** June 17th - early/mid August

**Day/Time** Wednesdays between 6:00pm - 10:00pm

**\$150**  
PER PLAYER  
+REF FEES  
\$50 divided among  
team per game

## BOYS HIGH SCHOOL 8V8 LEAGUE

**PLAYED ON OUTDOOR TURF AT GOODSPTS**

**\*Based on grade in currently for 2025/2026 school year**

**\*Graduated seniors in Spring 2026 are eligible to play in mens league**

- Played 8v8 (2,3,2 formation)
- Only taking 8 teams
- Must have minimum of 12 paid players

**Ages** 9th-12th grade

**Date** June 13th - early/mid August

**Day/Time** Saturdays between 8:00am - 12:00pm

**\$150**  
PER PLAYER  
+REF FEES  
\$50 divided among  
team per game

## WOMENS SIXES LEAGUE (MUST BE 18+ TO PLAY)

**PLAYED 6V6 ON OUTDOOR TURF AT GOODSPTS**

- Must have a minimum of 8 paid field players on each team
- Only taking first 6 teams

**Date** June 13th - early/mid August

**Day/Time** Saturdays between 8:00am - 12:00pm

**\$125**  
PER PLAYER  
+REF FEES  
\$50 divided among  
team per game

# LACROSSE CLINICS

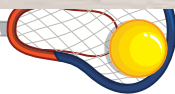
CLIMATE CONTROLLED INDOOR TURF AT GOODSPTS

## HIGHLIGHTS:

- 6 weeks of fun and instruction
- **FREE shirt for all players**
- Non-competitive, fun, learning atmosphere

**Director:** Lacrosse Director Joe Petrillo & Staff

**Clinic will be staffed by local college coaches & players.**



## INTRO TO LACROSSE

**FOR THE TOTAL BEGINNER PLAYER  
NOT FOR PLAYERS ON TEAMS USING FULL EQUIPMENT.**

**NO Equipment needed - JUST BRING A STICK!**

Through a skills based curriculum & small ball development approach, Intro to Lacrosse continues to grow & offer opportunities for all ages to learn the game. Lacrosse drills, fundamentals and small sided game experience. Learn scooping, cradling, catching & throwing.

**Dates** 7/9, 7/16, 7/23, 7/30, 8/6, 8/13 • 6 weeks

**Day** Thursdays

**Ages/Time** K-4th Girls & Boys - 5:30-6:30pm

5th-10th Girls - 6:30-7:30pm

5th-10th Boys - 6:30-7:30pm

Split into groups by age - Grade based on grade entering Fall 2026

**\$168**  
PER PLAYER

## LACROSSE SKILLS & SCRIMMAGES

**NOT A BEGINNER CLASS - SOME EXPERIENCE IS REQUIRED**

**FULL EQUIPMENT REQUIRED**

This program is fun and beneficial to all players. The instructional league is a great way to learn or improve your game. Each week there will be instruction and then players will be split into teams for instructional scrimmage game play. Register with teammates, friends or on your own.

**Dates** 7/7, 7/14, 7/21, 7/28, 8/4, 8/11 • 6 weeks

**Day/Ages** Tuesdays • 4th-10th grades

**Times** Girls 5:30-6:30pm • Boys 6:30-7:30pm

Split into groups by age - Grade based on grade entering Fall 2026

**\$180**  
PER PLAYER



*GoodSports reserves the right to adjust any age group, start date or time.*

# FIELD HOCKEY CAMP

PLAYED AT CAPELLI SPORT COMPLEX IN TINTON FALLS

## CAMP HIGHLIGHTS:

- Beautiful, outdoor Capelli Sport Complex
- Tailored to the group's age & experience level
- Players divided into groups by age & skill level
- Skills & team competitions throughout the week
- Daily small sided games
- **FREE shirt for all campers**
- Award ceremony on last day of camp

**ALL LEVELS AND GOALIES WELCOME!**

**LIMITED SPOTS AVAILABLE.**

**Ages** 3rd to 12th grade girls

**Date** July 27th- July 30th

**Day** Monday - Thursday (rain date Friday 7/31)

**Time** 9:00am - 12:00pm

**Director:** Kathleen (Kelly) Stefanelli / **Staff:** Jersey Intensity Field Hockey Coaches

capelli  
SPORT  
COMPLEX

**\$250**  
PER CAMPER

 Jersey Intensity

**GREAT  
PRE-SEASON  
TRAINING!**

**\$25.00  
EARLY BIRD  
DISCOUNT**  
IF REGISTERED BY JUNE 1st!  
Cannot combine with any other offers.

# FIELD HOCKEY LEAGUES

CLIMATE CONTROLLED INDOOR TURF AT GOODSPTS

## LEAGUE HIGHLIGHTS:

- **FREE shirt for all players**
- 7v7 (6 field players + goalie)
- Certified referees for all games
- 9 scheduled 47 minute games - Womens League
- 7 scheduled 47 minute games - 6th-8th
- **Teams & Individuals welcome\*** Teams must have a min. of 9 paid field players

\*Goalies are free (1 goalie per team that cannot play the field - must provide own equipment)

\*Individuals registering as part of a team must note team name or other players in comment section

**GOALIES  
PLAY FREE!**

Goalies, contact league director, Joe Petrillo for discount code.



## WOMENS LEAGUE

**Graduated H.S. Senior may play ~ Must be 18+**

**Date** June 11th - early/mid August

**Day** Thursdays

**Time** Games between 6:30 - 10:00pm

**\$150**

PER PLAYER  
+40 REF FEES  
PER TEAM PER GAME

## GIRLS 6<sup>TH</sup>-8<sup>TH</sup> GRADE LEAGUE

**Based on grade entering Fall 2026 • MUST have an adult coach**

**Ages** 6th-8th Grade

**Date** June 15th - early/mid August

**Day** Mondays or Wednesdays w/ overflow Thursday (one game per week)

**Time** Games between 5:30pm - 8:00pm

**GREAT  
PRE-SEASON  
TRAINING!**

**\$125**

PER PLAYER  
+40 REF FEES  
PER TEAM PER GAME

## GIRLS HIGH SCHOOL LEAGUE

**Ages** 9th-12th Grade • **Based on grade entering Fall 2026**

**Date** June 17th - early August

**Day** Wednesdays w/ overflow Thursday (one game per week)

**Time** Games between 5:30pm - 7:30pm

**\$125**

PER PLAYER  
+40 REF FEES  
PER TEAM PER GAME

# FIELD HOCKEY CLINICS

**REQUIRED EQUIPMENT: STICK, MOUTH PIECE, SHIN GUARDS, CLEATS OR SNEAKERS**

**Director:** Lacrosse Director Joe Petrillo & Staff  
**Clinic will be staffed by**  
**local college coaches & players.**

## INTRO TO FIELD HOCKEY FOR THE BEGINNER PLAYER

**\$168**  
PER PLAYER

- **FREE shirt for all players**
  - Played on our indoor climate controlled turf arena
  - Learn the basic fundamentals of the game
  - Have fun while learning in a non-competitive environment
  - Clinic will focus on: dribbling, dodging, tackling & stopping
- Dates** 7/6, 7/13, 7/20, 7/27, 8/3, 8/10 • 6 weeks  
**Day/Time** Mondays • 5:30-6:30pm  
**Ages** 3rd-5th grade girls  
6th-10th grade girls  
Beginner players only (Grade based on grade entering Fall 2026)



## SKILLS & SCRIMMAGES

### LEAGUE HIGHLIGHTS:

- **FREE shirt for all players**
  - Played on our indoor climate controlled turf arena
  - Fun and beneficial to all players and all skill levels
  - **MUST** have some field experience. **(Not a beginner program)**
  - Each week there will be instruction, then players will be split into teams for instructional scrimmage game play
  - Great way to learn and improve your game
  - Register with teammates, friends or on your own
- Dates** 7/6, 7/13, 7/20, 7/27, 8/3, 8/10 • 6 weeks  
**Day/Time** Mondays • 6:30-7:30pm  
**Ages** 5th-10th grade girls - split into groups by age  
(Grade based on grade entering Fall 2026)

**LIMITED SPOTS**

**\$180**  
PER PLAYER  
GOALIES ARE WELCOME!



## ADVANCED FIELD HOCKEY & FITNESS TRAINING WITH EVOLVE SPEED & AGILITY TRAINING

**THIS CLINIC IS NOT FOR THE BEGINNER PLAYER**  
**\*ONLY ACCEPTING THE FIRST 24 PLAYERS**

- **FREE shirt for all players**
  - High level training sessions specifically designed to improve all aspects of your game within your own age group & competitive level
  - Players will split their time between working on field hockey specific skills & with a personal trainer from Evolve Fit on their speed, agility, and overall fitness.
  - Focus on technical training combined with small sided games
- Dates** 7/7, 7/14, 7/21, 7/28, 8/4, 8/11 • 6 weeks  
**Day/Time** Tuesdays • 7:30-8:30pm  
**Ages** 6th-12th grade girls - split into groups by age (Grade based on grade entering Fall 2026)

**GREAT PRE-SEASON TRAINING!**

**\$192**  
PER PLAYER



# ADULT FLAG FOOTBALL

PLAYED OUTDOOR AT GOODSPORTS

## LEAGUE HIGHLIGHTS:

- Played on outdoor turf field
- FREE shirt for all players
- Games are 47 minutes
- Minimum 9 players per team
- 7 regular season games, 2 playoff games
- Free agent list available online for individual players

**\*\* PAYMENT MUST BE MADE IN FULL BY THE 1ST GAME\*\***



## 6V6 MENS FLAG FOOTBALL LEAGUE

**Only one lineman needed**

**Ages** Must be 18+ to play in league

**Date** Starts May 31st - mid August

**Day** Sunday evenings

**Time** Games between 3:00pm-10:30pm

**\$1095**

**TEAM FEE**

+ \$30 REF FEES  
PER TEAM PER GAME

## 7V7 WOMENS FLAG FOOTBALL LEAGUE

**Ages** Must be 18+ to play in league

**Date** Starts May 31st - mid August

**Day** Sunday evenings

**Time** Games between 3:00pm-10:30pm

**\$1095**

**TEAM FEE**

+ \$40 REF FEES  
PER TEAM PER GAME

**ALL LEAGUE REGISTRATIONS NEED TO BE COMPLETED ONLINE WITH A \$100 NON-REFUNDABLE DEPOSIT.**

*GoodSports reserves the right to adjust any league start date/day of the week if needed.*



# FOOTBALL SKILLS & SCRIMMAGES

PLAYED INDOOR AT GOODSPORTS

## CLINIC HIGHLIGHTS:

Taking the skills learned from our "skills & drills" clinic and applying it to a game like setting.

- Live scrimmage play
- Emphasis on coaching basics and proper technique in real time play
- Position specific development
- Fast paced & fun environment
- Confidence and game IQ
- Played on the indoor turf/climate controlled
- All skill positions: RB, WR, LB, DB
- Beginner to experienced athletes
- Players will be separated by age and ability

**Ages** Players entering 3rd - 5th grade in Fall 2026

**Dates** 6/6, 6/13, 6/20, 6/27, 7/11, 7/18 (no class 7/4)

**Time** 9:00-10:30am • 90 Minutes

**Day** Saturdays

**\$192**  
PER PLAYER



# TURF RENTAL

THE STATE'S BEST INDOOR SPORTS FACILITY



**RENT  
YOUR FIELD  
TODAY!**



**BOOK TODAY, THE NICEST INDOOR TURF FIELDS IN THE STATE!**

**\* ALL SPORTS WELCOME \* FULL OR HALF FIELD AVAILABLE \***

**\* CLIMATE CONTROLLED \* SAFE & CLEAN \* FIRST COME - FIRST SERVE BASIS \***

**CALL FOR DETAILS 732-681-8898**

# BASEBALL SKILLS & DRILLS CLINICS

- Played on indoor climate controlled turf field
- Designed for the total beginner player
- All you need to bring is a glove!
- 6 week clinic
- Clinic aims to teach kids the basics of baseball, hitting, throwing, base running
- Different topics and activities each week

**Dates** 7/7, 7/14, 7/28, 8/4, 8/11, 8/18 (No class on 7/21)

**Day/Time** Tuesdays • 5:30-6:30pm

**Ages** 4-6 year old boys & girls

7-9 year old boys & girls

\*Players will be split into groups according to age and skill level

## \$168

PER PLAYER



# WIFFLE BALL LEAGUE

- Teams have 3 Field Players + Pitcher in the field (min. 6 players on roster)
- Teams may bat up to 6 players in the lineup
- 3 outs per inning
- 6 inning game or 1 hour time limit
- 8 guaranteed games
- Original wiffle ball and yellow bat only!
- Played on the arena turf

**Dates** Starts June 11th

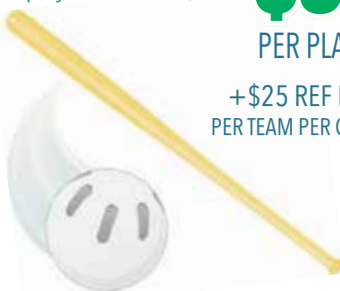
**Day/Time** Thursdays • 7:30-10:00pm

**Ages** 16+

## \$95

PER PLAYER

+ \$25 REF FEES  
PER TEAM PER GAME



# INTRO TO BASKETBALL

PLAYED ON OUTDOOR COURTS AT GOODSPORTS

**COME JOIN BIG BALLER!**

**Clinic, camp & games...**

**For beginner to next level players**

- 6 weeks of fun, instruction and games
- Non-competitive & competitive, options
- Fun, learning-focused environment
- Staffed by college coaches and pro players

**Director: Coach Manso**

**Bring your own basketball!**

**Dates** 7/7, 7/14, 7/21, 7/28, 8/4, 8/11

**Day** Tuesdays with rain dates on Thursdays

**Ages/Times** Ages 6-9 Girls & Boys 5:15-6:15

Ages 10-14 Girls & Boys 6:15-7:15

**3BB**  
BIG BALLER  
BRAND

## \$180

PER PLAYER





# SUMMER 2026 POOL CLUB

## Your Local Summer Getaway!



**ONLINE REGISTRATION:**  
[WWW.GOODSPORTSUSA.COM](http://WWW.GOODSPORTSUSA.COM)

### POOL CLUB MEMBERSHIPS

Beautifully maintained, private, country club atmosphere!

### BACKYARD SPORTS AREA

Summer fun for everyone with basketball, gaga, cornhole, volleyball, KanJam & a playground!

### SWIM LESSONS

Learn to swim with our group swim lessons!

PRIVATE POOL CLUB  
OLYMPIC-SIZE POOL  
KIDDIE POOL

SPLASH PARK  
SWIM LESSONS  
BACKYARD SPORTS

PLAYGROUND  
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# SOLUNA FITNESS

WHERE PERFORMANCE AND RECOVERY MEET



## COMING SOON...

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- Pilates Reformer Studio
- Group Exercise Studio
- Full Gym & Cardio Alley
- State-of-the-art Locker Rooms
- Members-Only Recovery Lounge
- Frost Locker Cold Therapy
- Red Light Therapy
- Himalayan Salt Room
- Infrared Saunas
- Normatec Compression Sleeves
- Osaki Massage Chairs



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