



Amenities

Aerobic Studios

- 45+ Classes per Week
- Multi-level Classes
- Yoga/Pilates
- Boot Camps
- Fitness and Conditioning

Spinning

- 10+ Classes per Week
- Audio Equipment
- 25 Cycle Bikes

Cardio

- Treadmills
- Elliptical Trainers
- Cross Trainers
- Upright Bikes
- Recumbent Bikes
- Stairmasters
- Step Mills
- Personal Televisions
- Cardio Theatre

Gymnasium

- 2 Full-size Basketball Courts
- Volleyball Courts
- Basketball Leagues (men's & coed)
- Volleyball Leagues (coed)
- Daily Pick-Up Games

Racquetball

- 4 Racquetball Courts
- 1 Glass Court
- Multi-level Leagues
- Weekly Clinics
- Challenge Courts
- Tournaments
- Easily Converted to Wally Ball Courts
- Racquet Restringing

Strength Training

- Full Array of Strength Equipment
- Free Weights
- Dumbbells up to 120 lbs

Women's Only

- Private Room
- Strength Equipment
- Free Weights
- Cardio Equipment
- Towel Service
- Lounge Area
- Purified Water
- Private Bathrooms

Personal Training

- Free Hour Orientation
- Half Hour or Hour Packages
- Couple or Group Training
- Body Fat Testing

Indoor Pool

- Heated Swimming Pool
- Lap Lanes
- 14 Aquacize Classes/Week
- Water Weights & Kickboards Available
- Outdoor Pool Deck

Locker Room

- 2 Men's Locker Rooms
- 2 Women's Locker Rooms
- Sauna and Steam Rooms
- Whirlpool
- Ample Lockers
- Locker Rental
- Towel Service
- Personal Care Products



Amenities

Nursery

- Available 6 Days a Week

Wave Sports Pub

- Viewing of Enclosed Racquetball Courts
- Billiard Parlor
- 35 Billiards Tables
- 10% Off Billiards Table Rental for WOAC Members
- Ping Pong Tables
- Function Room
- 10% Off Function Room Rental for WOAC Members
- Corporate Corner for Smaller Gatherings
- Karaoke
- Trivia Contests
- Lottery
- ATM

Additional Amenities

- Pro Shop Items
- Open 114 Hours a Week
- Open 364 Days a Year
- Ample Parking
- Drink Machine