

# ROCKY HOLLOW

## ATHLETIC CENTER

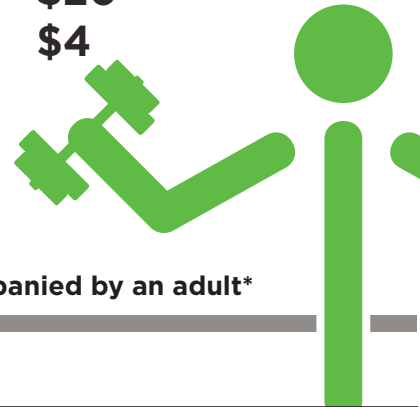
### HOURS

Monday-Friday 7am- 9pm • Sunday 1pm – 5pm



### WEIGHT TRAINING / RACQUETBALL FEES

|                         |       |
|-------------------------|-------|
| 1 Year Unlimited        | \$260 |
| 1 Year Family Unlimited | \$390 |
| 6 Month Unlimited       | \$130 |
| 3 Month Unlimited       | \$70  |
| 1 Month Family          | \$40  |
| 1 Month Unlimited       | \$25  |
| 1 Month Student         | \$20  |
| Daily Pass              | \$4   |



**Did you Know?!**  
There are over 5 MILLION Americans playing racquetball today. The average number of calories burned during racquetball ranges from 640 to 822 per hour. An average game will take 20 minutes and the players will run an average of 2 mile each during the game!

\*Eyewear required during play, under 14 must be accompanied by an adult\*



### Martial Arts

Combines the best of Jiu-Jitsu, Karate and Judo  
On going program Tuesdays and Thursdays  
Youth 6:00-7:00 PM • Adult 7:00-8:00 PM

Call Bills Martial Arts 606-305-6320 For more info  
Ongoing program! Sign up at any time  
\$32 for 8 Classes