



**Group Fitness Instructors:**

(front row) Lydia Hamilton, Lee Morrison,  
Mandy Holz, Diana Redman. (back row)  
Sharon Craig, Jodi DeCesari,  
Mark Milner. Not Pictured: Roxanne Best,  
Sarah Polina

Our professional, friendly instructors offer motivational, fun classes.



**Yoga Fitness**

**Pilates**

**Intervals**

**Spinning**

**Step**

*Try your 1st class free!*

568 Pine Street  
Omak, WA 98841



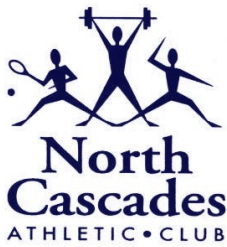
**Welcome to NCAC**

*Our mission is to teach, encourage,  
and motivate you to a higher level of  
fitness and health through fun and  
exciting programs and fellowship.*

Phone (509) 826-5552

Fax (509) 826-1457

web: [ncac-omak.com](http://ncac-omak.com)

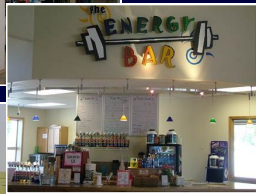
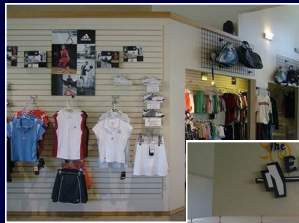


# North Cascades Athletic Club

The largest full-service gym in the county!

NCAC offers expansive cardio and strength training equipment, combined with a large variety of Group Fitness classes, and year around Tennis and Racquetball courts, all in a family friendly atmosphere!

Stop in to our Pro Shop to supply your athletic gear, or the Energy Bar for a quick fuel-up.



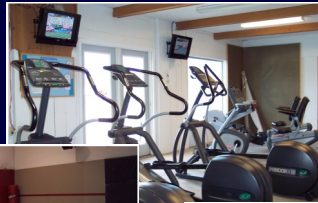
Our gym is fully equipped to help you succeed in your health goals.

We also have Tanning, Personal Training, Full-Service Locker Rooms, Child Care and outstanding Programs to keep you motivated.

Annual Programs such as Physique Challenge, BootCamp, and Climb the Mountain, are designed to inspire and get you results!

Our Tennis Program offers lessons for both children and adults, private or group. You are sure to improve your game!

So, what are you waiting for?  
 Become an NCAC Member and start the rest of your life, **TODAY!**



## 2012 NCAC Membership Options\*

### 12 Month Membership

	Single	Couple	Family	Jun/Student
Gold	\$59	\$89	\$109	\$39
Class Only	\$50	\$79	\$99	\$30
Gym Only	\$45	\$75	\$95	\$25
Healthy Heart	\$50	\$75		

### 3 Month Membership

	Single	Couple	Family	Jun/Student
Gold	\$69	\$99	\$119	\$49
Class Only	\$63	\$93	\$113	\$43
Gym Only	\$59	\$89	\$109	\$39

Tennis Only \$50 \$75 \$95 \$30  
 Zumba 10 Class Punch Card \$45  
 All Access Punch Card 10 Visits \$80  
 All Class Punch Card 16 Classes \$112

Day Care Included in Family Gold, or \$4 per hour, per child.

Personal Training \$40 per hour.

### No Commitment Options

Offered 1 time per Member

4 Week Gold \$60  
 3 Week Gold \$50  
 2 Week Gold \$40  
 1 Week Gold \$30  
 or Drop-In \$12



Gold Membership Includes:  
 Group Fitness Classes, Cardio & Strength Training Equipment, Tennis & Racquetball Courts & Programming, Basketball.

10% Discount for Corporate & Seniors  
 10% Discount for 12 mos. paid in full  
 \*Tax & Initiation fees not included