

Commit to a Better YOU!

You can transform your body.

You can change your self image.

*You can reach a level of mind and
body fitness that you have
always hoped for.*

YOU CAN BE A BETTER YOU!

Daily Rates

Adults (18-61)	\$8
Teens (13-17)	\$6
Seniors (62 & over)	\$5
Disabled	\$5
Basic	\$5
Youth (5-12)	\$4

Regular Hours of Operation:

Monday-Friday	8:00am - 8:45pm
Saturday	10:00am - 4:45pm
Sunday	Closed

**Parks
Make
Life
Better!**

City of South Gate
9520 Hildreth Avenue
South Gate, CA 90280
Phone: 323 563 5445
Fax: 323 357 9630
Cityofsouthgate.org

City of South Gate
Parks and Recreation



South Gate Sports Center

The premier destination
for health and fitness
in the
City of South Gate

**Come see what all the
excitement is about**

323-563-5445

South Gate Sports Center Membership Program

The South Gate Sports Center offers a variety of fitness activities for all people. You can lift weights or jump on a cardio machine in our state of the art fitness center. You can play pickup basketball in



New line of strength equipment

our spacious 2 full court basketball gymnasium. You can play racquetball in one of the 2 air conditioned courts. You can take a dip in the indoor Olympic size swimming pool. You can attend one of the many calorie burning group exercise classes. If those activities aren't enticing enough, you can just hang out in the game room and shoot some pool or play ping pong with some friends . Whatever your goal or fitness level, the South Gate Sports Center has something for everyone.

Membership Packages

There are two types of memberships, so one is guaranteed to fit your budgetary and fitness needs.

The **“Total Access”** membership package includes unlimited access to the fitness center, group exercise classes, basketball gymnasium, racquetball courts, swimming pool, game room and locker rooms. The **“Total Access”** membership also includes a free personal assessment and training session with the Fitness Coordinator or Fitness Specialist.

“Total Access” Membership Packages

Discounts available for annual memberships

	Members
Adults (18-61)	\$23/mo
Teens (13-17)	\$18/mo
Seniors (62 & over) and Disabled	\$17/mo
Family Plan (2)Adults (3)Teens/Youth	\$46/mo



Zumba, Cardio Kickboxing, Step Aerobics, Yoga, Boot Camp, and Aqua Aerobics are all included free with **Total Access Membership**

The **“Basic”** membership package includes unlimited access to the basketball gymnasium, swimming pool, game room, and locker rooms only.

“Basic” Membership Package

	Members
Adults (18-61)	\$11/mo
Teens (13-17)	\$9/mo
Youths (5-12)	\$8/mo
Seniors (62 & over) and Disabled	\$8/mo
Family Plan (2)Adults (3)Teens/Youth	\$20/mo

The Youth Performance Program for boys and girls ages 6-17 is offered during the class registration period only. Program is twice a week for 6 weeks.

