

A MEMBERSHIP FOR EVERYONE!



The Capital District's Premier Fitness Facility

**Crossroads Center, Route 9R, Latham
(3 Johnson Road, Latham, NY 12110)**

Located at the HEART of the Capital District! Just 1/4 mile off Exit 7 of the Northway! Where I-87, Rte 9, Rte 7, and Rte 9R all come together!



\$0 DOWN
ON ANY PREMIERE MEMBERSHIP

*Must pay via EFT or credit card. Some restrictions apply.
Offer expires 3/15/10.



FREE 1 MONTH
UNLIMITED TANNING

with any membership purchase.
Offer expires 3/15/10.



\$10 PER MONTH

INCLUDES:

- Three Tier Cardio Deck
- Free Weights
- Circuit Training Machines
- Locker Rooms, Sauna, Showers
- Cable Machines

OR

\$19⁹⁹ PER MONTH

INCLUDES:

- All Basic membership plus...
- Over **40 Aerobics classes** per week
- Indoor cushioned running track
- Basketball courts

518-783-0705 • www.abcsportsandfitness.com