



### *Facility and Amenities*

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- Top-of-the-line Cardio Equipment
- Top-of-the-line Selectorized Weight Machines
- Kilowatt System with X-Box®
- State-of-the-art audiovisual system
- Locker Rooms
- Showers

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Membership is available by visiting The Village Fitness Center. Memberships are available to faculty, staff and students of San Francisco State University.

THE VILLAGE  
**FITNESS**CENTER

750 Font Boulevard  
San Francisco, CA 94132-0160  
415-452-1010 Main 415-452-1020 Fax

1623COL75SFSU

THE VILLAGE  
**FITNESS**CENTER



*One Day  
Trial Visit*  
**FREE PASS**

Must be 18 years or older. Must present valid ID. First time guests only. Certain conditions and restrictions apply.

***Welcome to The Village Fitness Center serving the faculty, staff and students of The San Francisco State University campus in a spacious, beautiful and stress free environment. We invite you to experience our convenient high-quality fitness center where you will find state-of-the-art equipment, and knowledgeable, caring fitness professionals.***

***Welcome!***

**SFSU Alumnus, John Penacerrada**  
Program Manager

## ***Services***

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- Complimentary Jump Start Orientations
- Fitness Assessment Testing
- Personal Training
- Group Training
- Program Prescriptions and Re-Evaluation
- Specialty Classes:
  - Boot Camp
  - Sports Specific Training
  - Core Training
- Nutrition Counseling
- Seminars
- Clinics
- Monthly adventure trips (horseback riding, kayaking and surfing)



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