



COME ENJOY A COMPLETE FITNESS EXPERIENCE

- -WEIGHT ROOM FLOOR
- -CARDIO AREA
- -7 LANE SWIMMING POOL
- --SPA LIKE LOCKER ROOM
- --SAUNA AND STEAM ROOM
- -SMOOTHIE/JUICE BAR
- -3 LEVELS OF ENCLOSED PARKING
- -GROUP FITNESS CLASSES
- -PILATES
- -PERSONAL TRAINING



www.palisadiumswimgym.com

Contact for more info: 716-480-2721