



**FOUR SEASONS** HAS BEEN SIOUXLAND'S FITNESS AND VALUE CHOICE SINCE 1986. FOR ADDED CONVENIENCE WE OFFER 4 LOCATIONS AND 24 HR ACCESS TO COMPLEMENT YOUR WORK SCHEDULE. THROUGH PROGRAMMING AND DIVERSITY, FOUR SEASONS IS COMMITTED TO STATE EMPLOYEES' FITNESS NEEDS; ALL AT A GREAT PRICE. SOME OF THE AMENITIES WE OFFER:

- HOURS OF OPERATION  
MON - THURS 5:00 A.M.-10:00 P.M.,  
FRI 5:00 A.M.-8:00 P.M.,  
SAT 8:00 A.M.-6:00 P.M.,  
SUN 8:00 A.M.-8:00 P.M.
- 24 HOUR ACCESS AVAILABLE
- CARDIO MACHINES - ELLIPTICAL MACHINES, TREADMILLS, STEPMILLS, STAIRMASTER, BIKES
- CHILDCARE - INCLUDED WITH MEMBERSHIP
- INDOOR/OUTDOOR LAP & RECREATIONAL POOLS
- SPA, STEAM ROOM, DRY SAUNA
- INDOOR/OUTDOOR TENNIS COURTS
- 5 RACQUETBALL COURTS/WALLEYBALL COURT
- 3 BASKETBALL/VOLLEYBALL COURTS
- FREE WEIGHTS - IVANKO
- WEIGHT MACHINES - FLEXFITNESS, PARAMOUNT, STARTRAC
- INDOOR RUNNING TRACK
- GROUP EXERCISE CLASSES - STEP, SPINNING, CIRCUITS, BODYBAR, PHYSIOBALL, BOOT CAMP, CARDIO-KICKBOXING, YOGA
- SENIOR AQUATIC CLASSES
- PERSONAL TRAINING
- TANNING
- CLEAN LOCKER ROOMS STAFFED WITH ATTENDANTS
- TOWEL SERVICE
- ALSO AVAILABLE
  - MASSAGE THERAPIST
  - CHIROPRACTIC SERVICES
  - MARTIAL ART CLASSES
  - FENCING
  - DANCING
  - PILATES

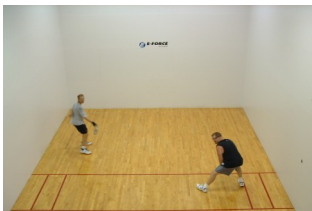
## STATE EMPLOYEE RATES

SINGLE FITNESS	<b>\$37.85/MO</b>
SINGLE + 1 CHILD	<b>\$56.85/MO</b>
COUPLE	<b>\$65.85/MO</b>
COUPLE + 1 CHILD	<b>\$74.85/MO</b>
ADDITIONAL CHILD	<b>+\$5.00/EA</b>

**ASK HOW STATE EMPLOYEES CAN WAIVE THE SIGN-UP FEE.**

### Central

1600 7th Street  
Sioux City, IA 51101  
712.255.7659



### Hamilton

2101 Hamilton Blvd  
Sioux City, IA 51104  
712.224.3434



### North

120 Gateway Dr Suite 5  
N Sioux City, SD 57049  
605.232.6906



### Morningside

4240 Hickory Lane  
Sioux City, IA 51106  
712.224.3451

