



## The Orange Planet Athletic Club

5650 Metro East Dr. Pleasant Hill, IA  
515.261.0030

[www.TheOrangePlanet.com](http://www.TheOrangePlanet.com)

[info@theorangeplanet.com](mailto:info@theorangeplanet.com)

*Everything Hoops and Health*

- **Weight & Cardio Fitness** - 7,500 sq. ft. offering the latest in cutting edge secularized machines, cable trainers, plate loaded and free weights. Cardio equipment by Star Trac offers soft gel steps and personal fans. First ever push/pull ellipticals, recumbent and upright bikes, treadmills, and steppers with world famous landmarks to climb making your workout a blast! Room is surrounded by multiple flat screens with HDTV viewing.
- **Individual and Small Group Training** - You'll train under professional Exercise Science degreed director of training, Tim Ives. Tim has years of proven experience getting clients results. We offer specialized training for body specific needs for women, men, children, and students. Our complete wellness approach will energize and encourage you through your fitness gains!
- **Additional sports** – Tumbling, Karate, Volleyball, and Speed/Agility training.
- **Group Fitness Classes** - Enjoy new exciting group classes for seniors, families and individuals geared to motivate you and bring healthy results all on the best in floor technology available on the market. All classes are included with membership. Schedule and descriptions are conveniently located on company website.
- **Locker Rooms** – private & clean showers, day use lockers, towel service and modern comfort.
- **FREE Child Care** - Enjoy a safe supervised room with planned activities and free play for member's children through age 10.
- **2 Full Size Regulation Hardwood Courts** (not cross courts)- with 4 professional hoops, custom paint, logos, sideline chairs, scorer's tables, scoreboards and comfortable chair seating for 400.
- **Leagues**- year round competitive play for young kids through adults with pumping music, officials, stats, scorekeepers, action photos and much more!
- **TOP Academy & Clinics** - Offering the best in basketball/volleyball and sports instruction anywhere for players of all ages. Led by former
- **Rentals/Parties** - Courts and party area available for your next party or social event. After hour facility rental is available. Open to individuals, schools, teams, companies, churches and most groups.
- **FASTBREAK Cafe'** - offering relaxation, snacks, liquid and flat screen for around the clock sports viewing. Equipped with Computer Hot Spots and seating adjacent to main basketball court.
- **SilverSneakers**- Offering certified senior instructors leading specially designed classes for mature adults. Free memberships for Humana Health Care plan participants. Discounted rates for all seniors.

**Please visit our club for tour. We offer SPECIAL RATES FOR STATE OF IOWA EMPLOYEES.**

**Each member receives an hour orientation showing you how to best utilize the club tools.**