

810 Golden Valley Dr  
Bettendorf, IA 52722  
Tel: 563-355-4741  
Fax: 563-355-6466

226 17<sup>th</sup> Street  
Rock Island, IL 61201  
Tel: 309-788-9100



### Great Discounts from Ultimate Fitness for STATE OF IOWA Employees

Ultimate Fitness has 2 full-service locations in the Quad Cities (addresses above). Ultimate Fitness is excited to help State employees look and feel their best. And all new members receive **FREE LIFETIME TANNING** or **FREE GUIDANCE THROUGH EVERY WORKOUT**. Ultimate Fitness gives members and their guests everything they want in world-class facilities. A no hassles environment, great service and help when needed, a great value for the money and results that are fast and lasting.

The **corporate discount** for State employees is **NO ENROLLMENT fees**, and dues of **just \$24.50** per month (monthly debits), or just **\$22/month** if paid up-front (12-months). For a spouse add **\$14**.

Ultimate Fitness is designed with your comfort in mind. The 'atmosphere' is very comfortable at our clubs and there are many private rooms (instead of one big fishbowl like most clubs). Ultimate Fitness has been serving the QCA for over 21 years, and we have the most equipment in the QCA so there is never any wait for equipment, time limits, etc.

#### Some other amenities include:

- Usage of 2 locations
- Over 40 group fitness classes per week
- Large supervised jungle gym for your kids to have a blast while you workout.  
Jacuzzis, Saunas, Lockers and showers
- Full Juice Bar
- Tanning (11 units)  
Ladies-Only Areas
- Indoor Pool (Rock Island location)
- FREE Guidance Through EVERY Workout
- Great Hours:

#### Bettendorf location hours:

5 am to 10 pm Monday through Thursday,  
5 am to 9 pm Friday  
7 am to 6 pm Saturday  
7 am to 5 pm Sunday.

#### Rock Island facility hours:

5 am to 9 pm Monday through Thursday,  
5 am to 8 pm Friday,  
7 am to 5 pm Saturday  
7 am to 2 pm Sunday.

Visit us on the web at [www.QCUltimateFitness.com](http://www.QCUltimateFitness.com) , or call 563-355-4741, or email [Info@QCUltimateFitness.com](mailto:Info@QCUltimateFitness.com) with questions.