

Welcome.

At ICE® we believe in getting to know our members and make every effort to meet all of their fitness and nutritional needs. With a combination of healthy eating habits and a regular fitness routine anyone can achieve their personal fitness goals. That's what ICE Athletic Center is all about. We want you to see results and stay on a path that will change your life for the better. We hope the enclosed information helps you learn more about what ICE has to offer. Our friendly and knowledgeable staff is always on hand to answer any of your questions.



Club Hours

Monday -Thursday	5 am - 10 pm
Friday	5 am - 8 pm
Saturday & Sunday	7 am - 7 pm



1526 Deer Run Drive
Mishawaka, IN 46544

574.258.0204
ice-gym.com



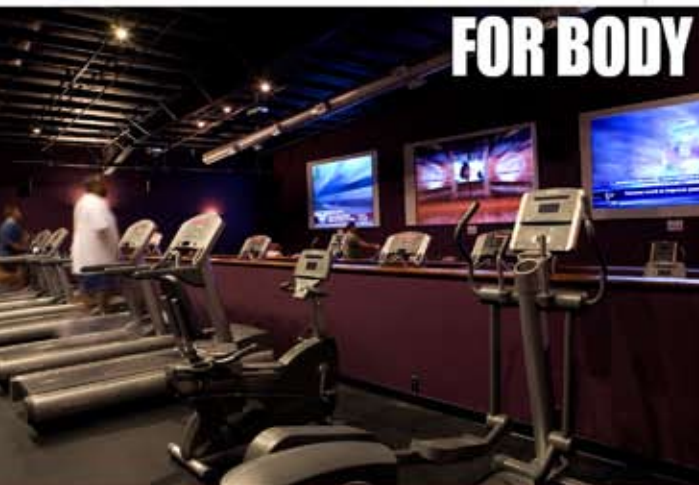
FITNESS FOR LIFE

State of the Art Facility

We have a 10,000 sq. ft. fitness center fully equipped with all new Life Fitness and Hammer Strength equipment. With our country club atmosphere and highly trained fitness staff, we are the best athletic facility in the area.

Cardio Equipment

The Cardio Theater room looks like a movie theater with three big screens. We replaced the seats with a variety of state of the art cardio equipment. You have to see it to believe it. Time flies when you are enjoying your workout.



Group Fitness

Included in the membership are over 50 Group Fitness classes. Our classes are offered throughout the day to fit into your schedule. All of our instructors are Nationally Certified, degreed in their field or highly trained ensuring the highest standard of instruction. Group Fitness schedules are posted at ice-gym.com and also available at the front counter.

Personal Training

ICE® Athletic Center's team of professional personal trainers will help you achieve your personal best. They can help you improve your health and cardiovascular endurance, lose weight, have more energy and confidence. Feel, look, and perform better than you have in years.



Amenities

- 50+ Group Fitness Classes
- State of the Art Fitness Equipment
- Theater Cardio Room
- Personal Training
- Nutritional Consultation
- Pilate's Studio
- Massage Therapy
- Rock Climbing Wall
- Free Weight Room
- Basketball
- Adult Locker Rooms
- Steam Rooms and Showers
- Complimentary Towel Service
- Childcare
- Internet Lounge
- Fitness Boutique
- Cafe