



*Dear Community Neighbor;*

**Did you know that regular exercise helps to increase energy, reduce illness, sharpen mental focus, and promote better health and general well-being?**

**Imagine what improved fitness can do for you and your employees!**

Tournament House Sports and Fitness Center is pleased to present an exciting variety of fitness classes, a huge collection of cardio and resistance equipment, and expert personal training. We also offer basketball, handball, and racquetball clinics, leagues, and tournaments for all ages. Our full service facility provides well-maintained plush locker rooms, Jacuzzis, tanning, and saunas. Childcare is available at a nominal fee. Club hours vary each day from 5:00am - 11:00pm to accommodate your busy schedule.

There are programs for the beginner through the experienced athlete. We offer relaxing stress management classes, as well as challenging aerobic workouts. Just a few of our group fitness classes include Cardio Kick-Boxing, Indoor Cycling, Power Pump, Senior Fitness, Step, Aerobics, Pilates and Yoga. We also feature Fencing for all ages. A dynamic ongoing weight management program is available for those who are interested in losing weight and keeping it off. We offer an elite group of personal trainers.

Located in the "Heart of Riverside" (next to the DMV) for over 25 years, we are convenient to many businesses and organization. As an independently owned and operated club, we are committed to providing professional and friendly service to local Riverside City, County and neighboring areas.

It is our privilege to offer you and your employees a wonderful opportunity to begin or advance your journey towards better health, fitness and well-being.

For more information, please call Tournament House and ask for Robin Dixon (Owner/General Manager) at (951) 682-7511. For a sample Club newsletter, check our website at [www.tournamenthouse.net](http://www.tournamenthouse.net).

Sincerely,

Robin Dixon

Owner/General Manager

## TOURNAMENT HOUSE GYM

### City of Riverside's Membership Rates

Fitness & Racquetball - No Contract - 60 day cancellation

Individual: \$25 down / \$25 monthly

Couple: \$25 down / \$40 monthly

Family (3): \$25 down / \$60 monthly

Check out our website for information on all activities

[www.TournamentHouse.net](http://www.TournamentHouse.net)



951-682-7511

6250 Brockton Avenue

Riverside, CA 92506