



**Why Southside? Who are we? What can we do for YOU?**

Here at Southside we do not subscribe to the philosophy that members training with the most *holistic emphasis* on health and fitness have to be protected from *hardcore strength athletes*. We have some of Alaska's strongest individuals here conducting aggressive lifting, but some are highly educated and all are respectful of the importance of weight loss and a healthy heart. We use the space together here, and that makes US the 'Judgement Free Zone'. We appreciate the common sharing of equipment with all members having equal priority. We are the most "Real Gym" in Anchorage.

-- Hal

## **STRENGTH TRAINING**

**Here at SOUTHSIDE we have a greater mix of *squat racks, platforms* (for deadlifting and Olympic lifting), *bumper plates, tires, prowlers and sleds* than any other 'open' commercial gym in Anchorage. ----NO FACILITY, GYM OR BOX IN ANCHORAGE HAS MORE OF WHAT A POWER LIFTER NEEDS!**

**Have you learned to train "CrossFit" Style? Are you training for a Cross Fit competition? Come check out our Rogue Elite rack. Everything we have is available for your use with a membership as low as \$40/mo (one year membership) -no INITIATION FEES!! (not CrossFit affiliated)**

**~PHONE ~**

**907 771-9881**

## ~Muay Thai Fitness~

Tuesday & Thursday 6pm

## ~YOGA~

Tuesday & Thursday 7:15 pm

*This 55 yr old is getting back into Yoga to get everything working balanced and right before and after heavy strength training. Jesse does a fantastic job adjusting to your needs and abilities.---Hal*

## ~ZUMBA ~

Monday & Wednesday 6p

**Just fun, fun, fun---and a work out too!**

COME EARLY on Monday and enjoy a ZUMBA toning time with Veronica at 5:30p . Diana will be the instructor on Wednesdays

## ~ FIT TO BE RETIRED ~

Monday 10am

Plus more!!! Check out the [CLASSES](#) page for descriptions and current schedules of all the classes we offer to our members. We have a variety of whole body exercise classes to explore and use to your benefit. Our classes come FREE with your membership.

## HOURS

Mon-Fri	4am -11pm
Saturday	6am-11pm
Sunday	8am-11pm



## Hal Lloyd OWNER AND MANAGER

Hal Lloyd is a retired Correctional Officer with 21 years Alaska State service. Hal owns Southside Strength & Fitness with his wife, and is the on-site manager. He is enjoying the adventure of running a business with Marvel, his wife of 34 years.

## ~ Location ~

**11901 Industry Way - Huffman Business Park, Building A - Anchorage, AK 99515**

# Southside Strength and Fitness Rates

## INDIVIDUAL

*1 Month ..... \$55*

*3 Months ..... \$145*

*6 Months ..... \$260*

*1 Year Contract ..\$40/Month with auto pay*

*PAID IN FULL \$430/Year*

## FAMILY OF TWO\*

*1 Month ..... \$99*

*3 Months ..... \$261*

*6 Months ..... \$460*

*1 Year Contract ..\$65/Month with auto pay*

*PAID IN FULL \$680/Year*

## FAMILY OF THREE\*

*1 Month ..... \$132*

*3 Months ..... \$348*

*6 Months ..... \$610*

*1 Year Contract ..\$85/Month with auto pay*

*PAID IN FULL \$970/Year*

## FAMILY OF FOUR\*

*1 Month ..... \$162*

*3 Months ..... \$423*

*6 Months ..... \$750*

*1 Year Contract .. \$95/Month with auto pay*

*PAID IN FULL \$1040/Year*

## PASSES

*One Day Pass ..... \$10*

*Two Week Pass ..... \$33*

## PUNCH CARD

*10 Use Punch Card ..... \$60*

*\*10 Punch does not expire\**

## STUDENT - SENIOR - MILITARY

*Student - Full Time*

*Senior - Age 60 & Older*

*Military - Active & Retired*

*1 Month ..... \$46*

*3 Months ..... \$123*

*6 Months ..... \$220*

*1 Year Contract .. \$34/Month with auto pay*

*PAID IN FULL \$370/Year*

## **\*NOTE on FAMILY MEMBERSHIPS:**

*Any two people can sign up as a **FAMILY OF TWO** as long as only **one** person is the responsible party - paying the fees for both.*

***FAMILY OF THREE** or **FAMILY OF FOUR** must consist of dependents age 17 or younger.*