

Welcome to 790 Fitness!



We invite you to take advantage of the full-service fitness center available to you as an employee at the Lower Makefield Corporate Center.

Our friendly and professional staff is available to provide personal training or to help with your overall fitness needs. Feel free to stop by and check us out!



Rasti Bondra, Manager
rbondra@yahoo.com
(215) 801-6355



790 Fitness LLC

Clean, convenient, professionally managed fitness center where you work.





We offer

- No contracts
- Pay-as-you-go membership
- One-on-one personal trainers
- Nutritional plans
- State-of-the-art equipment
- New locker rooms and showers
- Comfortable, friendly atmosphere
- Discounted nutritional supplements

Hours of Operation

Mon.–Fri. 5AM – 8PM

Sat. - Sun. By appointment only

“Having a low-pressure, full-service fitness center right where I work is incredibly convenient. I can work out on my schedule without paying membership fees for gyms I never go to!”

- Andrea C.

Equipment:

- Treadmills
- Stair Climber
- Rowing machine
- Ellipticals
- Free weights
- Bosu balls
- Isometric bands
- Ropes, sleds, medicine balls
- Plyo boxes
- Life Fitness, Hammer Strength, and Cybex machines
- 11 circuit full body machines

Membership Rates

Daily Pass	\$7.00
10 Visits	\$55.00
Monthly	\$40.00
Quarterly	\$105.00
Semi-Annual	\$180.00
Annual	\$300.00

Personal Training Options

Our professional trainers are fully accredited and offer personalized training specially tailored to your individual goals and abilities.

Personal Training Rates



Free introductory 30 minute session!

	30- Minute Session	60- Minute Session
Individual	\$40	\$75
Package of 11	\$400	\$750