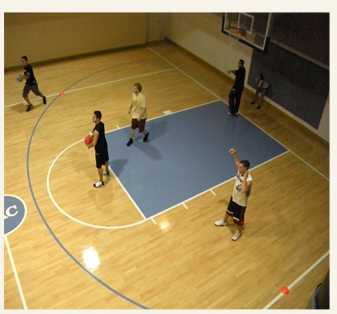

Health & Fitness

We are pleased to announce the addition of the Downtown Athletic Club to the Miami-Dade County Employee Discount Program. The Downtown Athletic Club is located at the Southeast Financial Center at 200 S. Biscayne Blvd, Ste 15A. The Downtown Athletic Club offers you everything you need to get in the best shape of your life.

DOWNTOWN ATHLETIC CLUB

Downtown Athletic Club
200 S. Biscayne Blvd, Ste 15A
Miami, FL 33131
305.358.9988
getfitmiami.com

AMENITIES INCLUDE:

- 2 Story Weight Training Center - Hammer, Life Fitness
- Cardio Theater with Treadmills, Bikes, Climbers
- Over 40 Group Exercise classes each week
- Indoor 28' Natural Surface Rock Climbing Wall
- Executive Locker Rooms with private showers, free towel service, locker room attendant, sauna & steam
- Squash Court
- Basketball Court
- Indoor Track
- Boxing Studio
- Spinning Studio
- FREE Valet Parking

Yes - All of this comes with your membership!

Enjoy Special 20% Savings

As an employee of Miami-Dade County you qualify for a special corporate membership discount of 20% over standard posted rates. You also qualify for a fitness assessment and personal training session to help you get started on the right foot. Simply stop by the Downtown Athletic Club with your credentials and start exercising at your new health club.

HOW TO FIND US: DAC is located just a few blocks east of the Government Center at the Wachovia Financial Tower located at 200 S. Biscayne Blvd, Ste 15A of the annex. If walking, enter the plaza and use the elevator access located in the southwest corner of the plaza next to the escalator. If driving enjoy free parking in our garage, enter on SE 2nd St.

HOURS OF OPERATION
Monday - Thursday, 5:30am to 10pm
Friday, 5:30am to 9pm
Saturday, 8:30am to 2pm
Sunday, 8:30am to 2pm

Personal Trainers Available

...get strong...lose weight...re-energize...de-stress...enjoy life...