



ADULT MEMBERSHIPS

Basic Adult Membership Includes

- ▶ Cardio Boxing Workouts
- ▶ TABATA Workouts
- ▶ OPEN GYM USE
M W F : 7PM-9PM
TUE. & THUR. : 6PM-9PM
(Hrs Subject To Change)
- ▶ Discounted PT Sessions
(Only \$35 for 1-on-1)

Month To Month Adult Membership
ONLY \$75

3 Month Adult Membership
ONLY \$150

Walk-In & Train
ONLY \$10
(Try Before You Buy)



(631) 412-3686 | 634 Oak St. Copiague, NY | BCBA.info

BCBA is an ALL VOLUNTEER nonprofit 501-C3 organization devoted to providing quality sports, fitness and Veteran Service programs to the community in which it operates. Since 2004, BCBA has been serving Long Island by providing a clean, safe and structured facility that offers well-rounded programs designed to give people the skills they'll need to become Champions In Life! Your support of BCBA and ALL of its programs is essential for it to continue doing the great work it does.