



Frederick,  
Maryland

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generation.biz  
phone 301-694-5757

**The fun way for men and women age 40 and up  
to get in shape and to stay in shape**

Where your first visit is free  
Please give us a try

Using a program specifically for the needs of men and women in the 40+ age group, designed by fitness center owners, Leah and John DuRant, Certified Hydraulic Fitness Instructors --



**Offers a fun, supervised, 30 minute, 24 station, hydraulic circuit workout, utilizing 12 different, specialized machines to safely exercise every muscle group.**

- [Exercise at your own pace](#) to the familiar music we grew up with
- Great way to improve your stamina and lower your blood pressure
- [Smooth hydraulic resistance](#) has low impact on joints - No weights
- Great place to meet new friends
- Reasonable rates - No sign-up fees - No long-term contract required



*Come see our unique center - it's in the old F&M Bank site!*

We are located in the Frederick Towne Mall, next to the CVS pharmacy

**Hours:** Monday through Thursday 8:00 am to 1:00 pm - and - 3:00 pm to 8:00 pm  
Friday 8:00 am to 1:00 pm - and - 3:00 pm to 7:00 pm  
Saturday 8:00 am to 12:00 noon

*Closed Sundays - Have a good day*



**And we are locally owned and operated by your neighbors - not an expensive franchise operation!**

Re-Generation Fitness, Frederick Towne Mall, Suite 108, 1301 West Patrick Street, Frederick, Maryland 21702.

Credit cards accepted; gift certificates available; prepaid yearly discount memberships and spouse memberships available.

Please contact us at 301-694-

5757

owners@re-generation.biz

[\[RE-GENERATION FITNESS PROGRAM PAGE\]](#)

[\[RE-GENERATION FITNESS FACILITIES PAGE\]](#)

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