



Your Community Healthclub,  
Experience the Willy's Difference



4730 State Hwy, Eastham | 508.255.6370 | [willysgym.com](http://willysgym.com)

# FITNESS

**Willy's Gym is proud to be the largest strength and cardio center on Cape Cod!**

**Our staff is always happy to show you how to properly use our strength and cardio equipment so you can get the most out of your workout while also preventing potential injuries from equipment misuse.**

**Enjoy state-of-the-art exercise equipment and year-round access to fitness programs, clinics, and classes so you can stay well all year long.**



# FITNESS

**Whether you're a seasoned athlete or a fitness newbie, Willy's Gym has something for you.**

**At Willy's Gym, you'll find an extensive array of welcoming classes, trainers, and athletic activities designed to foster healthy living, while taking your existing skills to the next level.**

**Our gym is fully equipped for both cardio and strength-based workouts, a full-size indoor pool, and state-of-the-art renovated locker rooms. Willy's has everything you need for you to stay fit!**



# GROUP TRAINING

**Personal training doesn't have to be lonely, so try some of our group training programs today to get fit and stay social!**

**Along with our individual training options, we offer small group training that allows you and a group of friends with similar goals to improve accountability and fun, all while using a variety of methods, including TRX, Sleds, kettlebells, Parachutes, Pilates equipment, and more!**

**TRX Small Group Training is included in all of our annual club memberships.**

**Please call or speak to our front desk agent to ensure that you qualify.**

**508.255.6370**



# PERSONAL TRAINING

**Do you want your workout to be a bit more personal? Try our personal training!**

**Our trainers specialize in every aspect of fitness, including athletic conditioning, weight loss, and sports training in swimming, tennis, Pilates classes, and more. We even offer recovery plans for injury and illness!**

**From weight loss to speed and agility training and more, our personal trainers are dedicated to tailor your training to achieve your strength and fitness goals.**

**Please call or speak to our front desk agent to get started today.**

**508.255.6370**



# TENNIS & PICKLEBALL

**Willy's has 10 tennis courts, indoor and also outdoor with Har-Tru Clay, along with 8 indoor pickleball courts and more!**

**Are you looking to improve your tennis or pickleball game or simply want to get started? Join one of our several clinics and programs for all ages and skill levels.**



# RACQUETBALL & SQUASH

Want to try your hand at a game of racquetball or squash? Willy's has two indoor racquetball courts, along with one indoor squash court.

With no reservation necessary, stop by our facility today to start playing!

Need some more equipment?  
Stop by our Pro Shop to get  
everything you need!



# MARTIAL ARTS & DEFENSE

**We offer classes for all ages and skill levels for adults and children. With conditioning and strength building included in every class, you can get fit, have fun, stay healthy!**

**Are you ready to try something a bit more challenging? Advanced training is available and begins after demonstrating knowledge of self-defense.**



# FIELDHOUSE & INDOOR TURF

Willy's Gym has an indoor soccer turf that would be perfect for your next event or team training. Containing an expansive 13,000 square feet of space, it's designed to meet the specialized needs for field-sports athletics and indoor events.

From soccer and dodgeball to lacrosse, cheerleading, and more, our turf is the perfect place to train!



# INDOOR POOL, HOT TUBS, & SAUNAS

Getting laps and aquatic exercise in year-round is simple at Willy's Gym!

We offer lane swims and lessons for all ages and skill levels in our natural salt pool. With no chemicals in the water, our pool is gentle on swimsuits and your skin.

We also have private swim lessons and training options so you can get the most out of your workout.

After your workout, you can take break in one of our luxury saunas or hot tubs.



# ROCK WALL & CLIMBING

**Satisfy your sense of adventure with the area's only rock wall!**

**With climbing and programs available for all skill levels, our skilled staff members are here to support you every step of the way.**

**New to climbing? We offer beginner climbing courses so you can get started safely.**



# WILLY'S GYM LOVES KIDS!

With so much to do at Willy's Gym, we've also tailored all of it for children of all ages and skill levels!

With junior tennis, Playworld, martial arts, swim lessons, fitness programs, rock climbing, sports-specific training, the new Fitness Zone Program, moonbounce, martial arts, and more, there's something for everyone at Willy's Gym!



# CAFÉ & BAR

**Willy's Café & Bar is now open!**

**Stop by today for quality sandwiches, snacks, smoothies, drinks and more!**

**There are quality options for every time of day, including delicious breakfast sandwiches, seasonal soups, and more. Also featuring a kids menu, there's something for the whole family at Willy's Café and Bar.**

**Visit our website for the full menu.**

**[www.willysgym.com](http://www.willysgym.com)**



# WE'D LOVE TO HOST YOUR NEXT PARTY!

Willy's is the perfect place for your  
child's next birthday party!

With a variety of kid-friendly  
attractions like our 30-foot  
rock wall, indoor pool,  
turf field, the Playworld  
play structure, and  
moon bounce, Willy's  
has it all!

Call Willy's Gym today  
for more information or  
to begin scheduling  
your next event!

**508.255.6370**



# WE'D LOVE TO HOST YOUR NEXT EVENT!



**Willy's is the perfect place for your child's next event or training!**

**Willy's Gym can host special events like parties, charity functions, school dances, corporate gatherings, and more!**

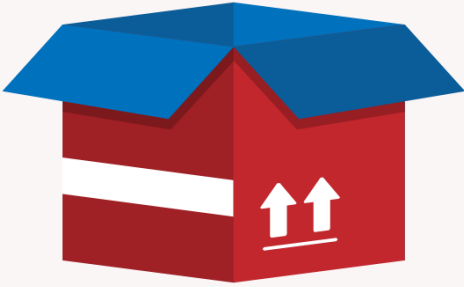
**No membership needed for event rental.**

**Call Willy's Gym today to begin scheduling your next event.**

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4730 State Hwy, Eastham | 508.962.5843



# STOW AWAY

## Self Storage

Small or large, commercial or residential, we have an option to fit your needs.

We are dedicated to providing quality customer service, we want our customers to know their valuables are safe with us.



**Call us today to  
learn how we can  
meet your short  
and long-term  
storage needs.**

**508.962.5843**