

25th Anniversary!

**WE ARE CELEBRATING 25
YEARS OF OPERATION.**



MEDINA'S GYM AND FITNESS



1265 B Street
Hayward, CA 94541

Phone: 510-582-4610
E-mail: info@medinasgym.com

MEDINA'S GYM AND FITNESS

Chasing the Dream....

*Health * Fitness * Well-being*



**ENOUGH IRON FOR MORE
THAN
ENOUGH MUSCLE**



Tel: 510-582-4610

Ask for Bob or Carl Medina

Hours

- Monday—Thursday 5am-10pm
- Friday 5am-9pm
- Saturday 7am-5pm
- Sunday 9am-2pm

Hours subject to change with notice

Pricing

Annual Membership	\$299.00
6 Month Membership	\$229.00
3 Month Membership	\$149.00
Monthly Membership	\$55.00
Daily Rate	\$15.00

Ask about our personal training and health/wellness programs.

Cardiovascular



Medina's Gym and Fitness has low-impact, variable resistance Cardiovascular training systems to fit the needs of all members.



Elliptical trainers

Gauntlet stair trainers



General Information

A HAYWARD LANDMARK

Medina's Gym and Fitness has been a part of the Hayward landscape for more than five decades. Originally founded as Walt's Gym in 1948 on Mission Boulevard, the gym was purchased by brothers Bob & Carl Medina in 1982 and renamed Medina's Gym.



From its inception, the gym was known throughout the East Bay as a training Mecca for weightlifters and body builders.

In the late 1970s, Baby Boomers were approaching their middle years and they began looking for strength and fitness programs to help maintain their active lifestyles.



Recognizing that need, Bob and Carl began adding cardiovascular training systems and cable assisted weight training systems to the gym floor. They soon outgrew the original gym and in 1993 expanded into the current building at 1265 B Street in downtown Hayward.

Today, Medina's membership spans more than three generations. From student athletes to senior citizens, Medina's members have found the equipment and programs to maintain their health, strength and fitness.

Equipment

Medina's Gym and Fitness has the most Free Weights and Cable Assisted Weight systems in the East Bay.

