

Rates, Services & General Information

Inspiring health and fitness in the Lake Region!

Membership Options	1 Month	3 Month	12 Month	18 Month
Individual	\$75	\$65	\$55	\$50
Family*	\$115	\$105	\$95	\$90
Single Parent Family*	\$85	\$75	\$65	\$60
Youth 14 - 18	\$35	*	*	*
Student, Senior or Military Individual	\$70	\$60	\$50	\$45
Emergency Response Individual: Police, Fire, EMT	\$70	\$60	\$50	\$45
Military & Emergency Response Family	\$105	\$95	\$85	\$80

*Family: Couple residing in the same household and filing taxes jointly. Includes one child through the age of 24. \$5 for each additional child.

*Single Parent: One parent or guardian and one child.

*Student: Full time student through the age 24

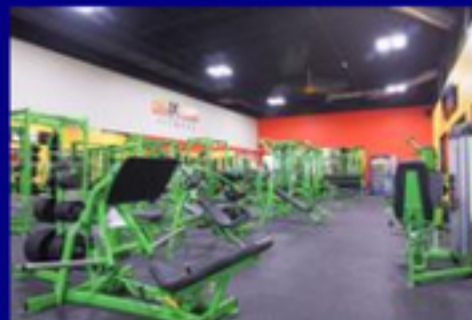
*Senior: Age 65 and over.

*Sign-up Fee: \$50 per membership (not member), \$5 per key fob

Personal Training

Personal Training	Training Rates 1 Person	Training Rates 2 People	Training Rates 3-4 People
15 min	\$25	\$20	\$15
30 min	\$35	\$30	\$25
45 min	\$45	\$40	\$35
60 min	\$55	\$50	\$45

Packages | Buy 10 Sessions get 1 FREE | Buy 15 get 2 FREE!



Group Fitness Classes

Gentle Yoga

Youth Fitness

Cycling (Spin)

Aerobic Step

Core

Total Body Conditioning

Weight training

Super Seniors

50+ Toning

Zumba



and more!

**ALL Memberships have
24/7 ACCESS!**

CLASSES

Classes INCLUDED for all memberships

Non- Member drop in class: \$10

Non- Member 8 class Package: \$64

Non-Member Youth Package of 4: \$20

Try ONE WEEK for free!

STEAM ROOMS

Member Day Pass: \$5

Member Month Unlimited: \$12

Family Plans: start at just \$17

Non-member day pass: \$10

Non-member unlimited month: \$25

TANNING

Single Session - Member: \$5

Single Session - Non-member \$10

Member Unlimited: \$14/month

Non-member Unlimited: \$38/month

Spray Tans also available!

LOCKERS

Daily: No fee

Monthly: \$10

Family: \$15

DID YOU KNOW?!

We are partners with Silver Sneakers, Blue Cross/ Blue Shield and Sanford! Check your health insurance policy to see if you have the reimbursement program!