

ROBBINSDALE COMMUNITY GYMS & FITNESS CENTER

(RCGFC) 3730 Toledo Avenue North, Robbinsdale Enter Door #18 763-442-1686

Regular Hours

thru June 9

Mondays-Fridays: 5:30 pm to 10:00 pm

Saturdays 8:30 am to 12:30 pm

Sundays Closed

Closed May 31



Special Hours:

May 14 3:30 to 10:00 pm



Summer Hours:

Will start June 10th!

Schedule available after June 1st.



MEMBERSHIPS:

	<u>3 months</u>	<u>6 months</u>	<u>9 months</u>	<u>1 Year</u>
<u>Resident</u>				
Family	\$150.00	\$250.00	\$350.00	\$425.00
Individual	\$100.00	\$170.00	\$230.00	\$290.00
<u>Non Resident</u>				
Family	\$175.00	\$280.00	\$390.00	\$475.00
Individual	\$115.00	\$190.00	\$260.00	\$325.00

Adults 55 & older receive 10% discount on memberships
Corporate Rates are also available. Call 763-531-1271.

PUNCH CARD RATES:

(10 Daily uses)

	<u>RESIDENT</u>	<u>NONRESIDENT</u>
Youth-17 & younger	\$25.00	\$30.00
Adults-18-54	\$30.00	\$40.00
Adults-55 & older	\$25.00	\$30.00

DAILY FEES:

	<u>RESIDENT</u>	<u>NONRESIDENT</u>
Youth-17 & younger	\$3.00	\$3.50
Adults-18-54	\$4.00	\$5.00
Adults-55 & older	\$3.00	\$3.50

COMMUNITY GYM INFORMATION

Jazzercise: Register for this class any time!
Open Gyms: Full or 1/2 Court Play based on attendance.
Open Volleyball: Different levels of play offered.
Teen Night: Specific time for 13-18 year olds.
Rentals: Call 763-531-1271 for more details.

FITNESS CENTER

** Youth ages 13-14 must be supervised by an adult
** Youth ages 12 and under are not allowed

Equipment available: Vetra multi-station gym, functional trainer, leg flexion/extension machines, ellipticals, lat pull down, treadmills, hip sled, stair climbers, dumb-bells, Olympic weights, squat rack, cycles and assorted benches and mirrors.

Gym schedule subject to change, based on usage and program needs.

Times	Days	Mondays	Tuesdays	Wednesdays	Thursdays	Fridays
5:30-7:00 pm	SE	Jazzercise	Open or Classes	Jazzercise	Open	Jazzercise
5:30-7:00 pm	SW	Open Gym	Open Gym	Open Volleyball	Open	Teen Night
7:00-9:00 pm	SE	Open or Rentals	Open or Rental	Open Volleyball	Open	Teen Night
7:00-9:00 pm	SW	Open Gym	Open Gym	Open Volleyball	Open	Teen Night
9:00-10:00 pm	SE	Open or Rentals	Open or Rental	Open Volleyball	Open Gym or Classes	Open Gym
9:00-10:00 pm	SW	Open Gym	Open Gym	Open Volleyball	Open Gym	Open Gym

Saturdays			
	South East		South West
9:00-10:30 am	Jazzercise (9:00-10:00 am)		9:00 am-12:30 pm Open Gym
10:30 am-12:30 pm	Open Gym or Volleyball		