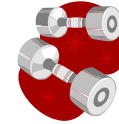
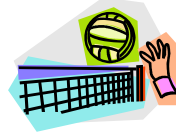
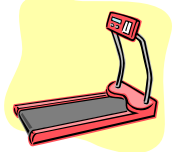


ROBBINSDALE COMMUNITY GYMS & FITNESS CENTER

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



Winter Hours



When school is in session:

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

Saturdays 8:30 am to 5:00 pm

Sundays 12:30 pm to 5:00 pm

School Release Days special hours:

January 16, 23 & Feb. 20 4:00-10:00 pm

DAILY FEES (For discounts, please see Punch Pass & Membership rates!)

Youth-17 & younger	\$4.00
Adults-18-54	\$5.00
Adults-55 & older	\$4.00
Table Tennis	\$10.00

FITNESS CENTER

**** All Youth under 15 must be supervised by an adult at all times.** Variety of cardio and strength training equipment and machines, including free weights, is available.

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.

Resident rate applies to Robbinsdale & Crystal residents.

PUNCH CARD RATES (10 Daily uses):

	<u>RESIDENT</u>	<u>NONRESIDENT</u>
Youth-17 & younger	\$30.00	\$35.00
Adults-18-54	\$35.00	\$45.00
Adults-55 & older	\$30.00	\$35.00

COMMUNITY GYM INFORMATION

Open Gyms: Full or 1/2 Court Play based on usage

Jazzercise: Register for these any time!

Teen Night: Specific time for 13-18 year olds.

Open Volleyball: Different levels of play offered.

Table Tennis: Leagues offered with MN Table Tennis

Rentals: Call 763-531-1271 for more details.

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

**There will be programs in at least one gym on Saturdays and Sundays beginning Jan. 29th.*

Times	Days	Mondays	Tuesdays	Wednesdays	Thursdays	Fridays
5:30-7:00 pm SE		League Play	Table Tennis	Jazzercise	League Play	Jazzercise
5:30-7:00 pm SW		Jazzercise	Open or Rentals	Open Volleyball	League Play	Teen Night
7:00-9:00 pm SE		League Play	Table Tennis	Open Volleyball	League Play or scheduled practices	Teen Night
7:00-9:00 pm SW		7:30: Open Gym	Open Gym or Rentals	Open Volleyball	Open or scheduled practices	Teen Night
9:00-10:00 pm SE		League Play	Table Tennis	Open Volleyball	Open or Rentals	Open Gym
9:00-10:00 pm SW		Open Gym	Open Gym	Open Volleyball	Open Gym	Open Gym
Saturdays *-see note above						
		South East			South West	
8:30-10:30 am		Jazzercise (9:00-10:00 am)		9:00 am-10:00 pm	Open Gym	
10:30 am-12:00 pm		Open Gym		10:00-2:00 pm	Open or Rentals	
12:00-5:00 pm		Private rental or Open		2:00-5:00 pm	Open Volleyball	
Sundays *- see note above						
12:30-2:30 pm		Open Gyms		12:30-5:00 pm	Classes or open	