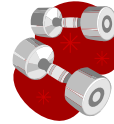
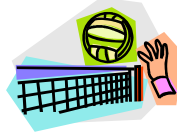


ROBBINSDALE COMMUNITY GYMS & FITNESS CENTER

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

Spring *May 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:

April 6 & 9 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
Wed. Open Volleyball	\$6.00
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.

Times	Days	Mondays	Tuesdays	Wednesdays	Thursdays	Fridays
5:30-7:30 pm	SE	1/2 Court Play Only	Table Tennis	Jazzercise	Youth Program or 1/2 court play	Jazzercise
5:30-7:30 pm	SW	Jazzercise	Youth Program or 1/2 court play	Open Volleyball	Youth Program or 1/2 court play	1/2 Court Play
7:30-9:45 pm	SE	1/2 Court Play	Table Tennis	Open Volleyball	Full Court Play or Rental	Teen Open Gym
7:30-9:45 pm	SW	1/2 Court Play	1/2 Court Play or Rentals	Open Volleyball	1/2 Court Play or Rental	1/2 Court Play Only

Saturdays			
	South East		South West
8:30-10:30 am	Jazzercise (9:00-10:00 am)		9:00 am-10:00 am 1/2 Court Play
10:30 am-12:00 pm	Youth Program on 5/5 5/12-5/27 1/2 Court Play Only		10:00 an-1:00 pm Full court Basketball
Sundays: Closed for the Summer			