

MESABI EAST FITNESS CENTER

If you are 65 years old or older - check this out!



Getting fit, having fun and making friends at any age, has never been so easy! The SilverSneakers® Fitness Program is an innovative health, exercise and wellness program helping older adults live healthy, active lifestyles. **The Fitness Center and walking track are at no cost to you, if you are eligible.**

Register at www.silversneakers.com

Silver and Fit

To see if you are eligible contact your insurance company

www.silverandfit.com

Blue Cross Blue Shield Fitness Discount. BCBS members with the fitness discount on their insurance plan are now eligible at the Mesabi East Fitness Center. Reimbursement will be processed according to your plan. Please call the number on the back of your BCBS insurance card to see if you are eligible. A fitness center pass must be purchased and sign-in will be required on the BCBS sign-in sheet at the fitness center.

SIGN UP AT

NIHCarewards.com

EFFECTIVE WHEN THE POOL IS OPEN AND SCHOOL IS IN SESSION
FITNESS CENTER / SWIM COMBO PASS-\$45 MONTH
 (includes open swim and early morning swim)

-SWIM ONLY PURCHASE-

OPEN SWIM MONDAY NIGHT - 6:30-7:45PM

\$ 1 per time

EARLY MORNING SWIM

MONDAY, WEDNESDAY, FRIDAY - 5:30AM-7:00AM

\$3 per time

\$30 - month

\$90 - 3 month

Due to construction the Fitness Center will be temporarily located in the Rubber Gym. The Rubber Gym is located by Door 1.

COMING SOON !!!
 THE MESABI EAST FITNESS CENTER IN ITS NEW LOCATION

HOURS:

Monday - Friday

6:30AM-11:00AM

(Attendant on duty from 9AM-11AM)

3:15 PM - 7:30 PM

Saturday

9:00 AM - 11:00AM

Sunday

5:30 PM - 7:30 PM

MEMBERSHIP FEES

ADULT - SINGLE	\$ 75 - 3 MONTH	\$ 260 PER YEAR
ADULT - DOUBLE	\$ 105 - 3 MONTH	\$ 360 PER YEAR
FAMILY	\$ 135 - 3 MONTH	\$ 460 PER YEAR
SENIOR CITIZEN - 55 +	\$ 60 - 3 MONTH	\$ 210 PER YEAR
STUDENTS 7-12 (non resident)	\$ 60 - 3 MONTH	\$ 210 PER YEAR
COLLEGE STUDENTS	\$ 60 - 3 MONTH	\$ 210 PER YEAR
MONTHLY PASS	\$ 30	
DAILY PASS	\$ 2	

**- Mesabi East Students -
 Grades 7-12**

FREE

(during any time slot.)

Passes and gift passes may be purchased in the Fitness Center when an attendant is on duty. Please go to www.isd2711.org for information.

Mesabi East Schools

601 North First Street West, Aurora MN 55705