

# MESABI EAST FITNESS CENTER

## Fitness Center Programs

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](http://www.silversneakers.com)

### New Insurance Program Discounts Available:

Are you insured with any of the following providers? You may be eligible for a fitness center incentive: Blue Cross Blue Shield of North Dakota, Fleet Farm, HealthPartners, MTS, Medica, Midco, PreferredOne, Sanford Health Plan, or UCare. 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 insurance card to see if you are eligible. A fitness center pass must be purchased and sign-in will be required at the fitness center.

SIGN UP AT [NIHCarewards.com](http://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**

**6:30pm-7:45pm**

(when school is in session)

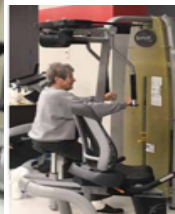
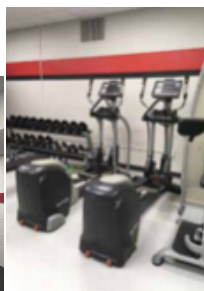
**\$ 1 per time**

**EARLY MORNING SWIM MONDAY, WEDNESDAY, FRIDAY**

**5:30am-7:00am**

**\$3 per time**

Looking for a senior exercise program to stay fit and have fun with others? Try the Silver&Fit program.



**Fitness Center HOURS:**

**Monday – Friday 6:00AM-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**

Mesabi East students grades 7-12: free during any time slot.

### 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	

**NEW FITNESS CENTER PATRONS MUST SET UP AN APPOINTMENT BEFORE BECOMING A MEMBER AT MESABI EAST FITNESS CENTER.** Please contact Mark Goerdt at 229-3321 ext. 206 or email him at [mgoerdt@isd2711.org](mailto:mgoerdt@isd2711.org). Fitness Center Passes may be renewed in the Fitness Center. All Fitness Center payments may be put in the supplied envelope with name, date of purchase and placed in the locked black box. Fitness Center number 229-3321 x 401