

Guest Fees:

Full Fitness Amenities Apply

		<i>Accompanied By Member</i>
Adult	\$12	\$ 8
Kids (4-17 yrs)	\$ 5	\$ 4
Family	\$30	\$18
10-Visit Guest Pass	\$75	



Other Services:

— For Members & Guests—

- Tanning
- Personal Training
- Massage
- Group & Private Swim Lessons
- Childcare
- Birthday Party Packages
- Group Guest Rates



Just Minutes from St. Cloud, St. Joe
and Cold Spring on Hwy 23

10081 Co. Rd. 138
St. Cloud, MN 56301
Phone: 320.251.3965

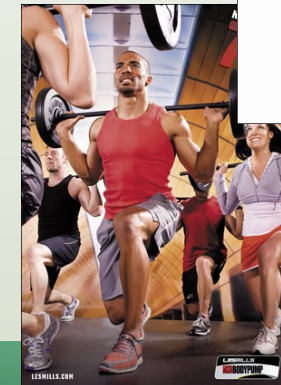
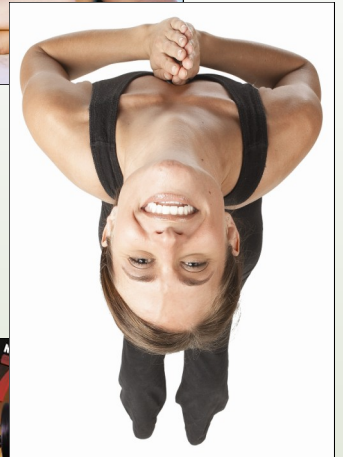
For more information visit us at:
www.suburbanhealthclub.com

Club Hours

Mon-Thurs: 5am—10pm
Friday: 5am—9pm
Saturday: 7:30am-8pm
Sunday: 9am—8pm



Your Full
Service
Fitness
Facility



Phone 320.251.3965
www.suburbanhealthclub.com



Affordable Monthly Plans:

**NEVER
A SIGN-UP FEE!**

Choose the Membership that Fits your Needs:

Full Fitness Includes:

- Use of the entire facility— Equipment, Weights, Express Studio
- General Fitness Classes
- Pool, Aqua Classes, Whirlpool, Saunas & Locker Facilities
- Racquetball, Wallyball, and 1/2 Court Basketball
- League Participation
- Discounted Guest Fees, Swim Lessons and Specialty Classes
- 2 Free Orientation Sessions
- Towels & Lockers

Basic Swim Includes:

- Use of Pool, Whirlpool, Saunas and Locker Facilities (does not include Aqua Classes)
- Discounted Rates for Swim Lessons & Guest Fees



12-Month Membership (Monthly Rate)

Type	Single	Couple	Sr. Couple	Family	Adult + Kids	Senior/Student
Full Fitness	\$43	\$60	\$55	\$72	\$60	\$36
Basic Swim	\$30	\$44	\$40	\$55	\$44	\$28

5% discount for 12-month membership paid in full at enrollment.

*Seniors discount applies at age 62.

6-Month Membership (Monthly Rate)

Type	Single	Couple	Sr. Couple	Family	Adult + Kids	Senior/Student
Full Fitness	\$60	\$80	\$73	\$94	\$80	\$53
Basic Swim	\$44	\$60	\$55	\$72	\$60	\$38

3-Month Membership (Monthly Rate)

Type	Single	Couple	Sr. Couple	Family	Adult + Kids	Senior/Student
Full Fitness	\$72	\$94	\$85	\$110	\$94	\$64
Basic Swim	\$55	\$70	\$64	\$88	\$70	\$48

1-Month Membership

	Single	Couple	Family	Adult + Kids
Full Fitness Only	\$83	\$110	\$138	\$110

Payment Options:

1. Pay in full at the time of enrollment.
2. Or pay monthly through an Electronic Funds Transfer (bank account or credit card).

*Sales Tax must be added to all fees, including Membership Fees. Rates effective 9/1/10.

Suburban Health Club Offers Health Insurance Reimbursements Programs Through:
Blue Cross/Blue Shield, Medica, Health Partners, United Health Care, and More.
Please check with your insurance provider for eligibility.