

Guest Fees

—Full Fitness Amenities Apply—

	w/Mbr	wo/Mbr
Adult	\$ 7.00	\$10.00
Kids (4-17 yrs)	\$ 4.00	\$ 5.00
Family	\$15.00	\$25.00
10-Visit Guest Punch Card		\$65.00

Other Amenities

Locker Rental Members and Guest receive free daily use lockers. Lockers may be rented annually for \$20.00.

Tanning Available to members and non-members. Call ahead to schedule your appointment. \$3.25/ visit or \$22.95/10 visits.

Swim Lessons Group and Private Lessons are available to our members at a discounted rate. Children must be included in a Family or Single Parent membership to receive discount. See Swim brochure for details.

Personal Training Available to members and non-members. See Personal Training brochure for details.

Specialty Classes Open to the public. Discounted rates for members. Pre-Registration required.

Massage Available for people of all ages, members or non-members in 1/2 hour, 1 hour, and 1 1/2 sessions. Call the Front Desk or Ronda at 291-0263 for rates and to schedule an appointment.



Our mission is to provide a healthy environment that enables our members to achieve their fitness goals. We also dedicate ourselves to maintaining a relaxed, fun atmosphere that satisfies the recreational needs of our members.



5 Miles West of Menards on Hwy 23
10081 Co. Rd. 138
St. Cloud, MN 56301

Phone: 320-251-3965

Fax: 320-251-4241

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

MEMBERSHIP INFORMATION



Club Hours:

Mon.-Thurs. 5AM--10:00PM

Friday 5AM--9:00PM

Saturday 7:30AM--8PM

Sunday 9AM--8PM

Membership Plans & Rates

**—No Initiation Fee or Sign-Up Fee
with any Membership Plan—**

Two Membership Options to Choose From:

Full Fitness Membership

- Use of the entire facility including: Equipment, Weights, Express Studio, & General Fitness Classes
- Unlimited use of Pool, Aqua Classes, Whirlpool, Saunas and Locker Facilities
- Unlimited use of Racquetball, Wallyball, and Basketball Court Time
- Racquetball League Participation
- Discounted Rates for Guest Fees, Swim Lessons, and Specialty Classes
- Two free Orientation Session with a Personal Trainer

Basic Swim Membership

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

Health Insurance Reimbursement Programs:

- Blue Cross/Blue Shield
- Medica
- HealthPartners (Humana)
- And Many More!

12-Month Membership (Monthly Rate)

Type	Single	Couple/ Sgl. Parent	Sr. Couple*	Family	Senior/Student
Full Fitness	\$39.00	\$55.00	\$50.00	\$65.00	\$33.00
Basic Swim	\$28.00	\$40.00	\$36.00	\$50.00	\$25.00

Or Pay in full and receive one free month—12 months for the price of 11!

*Senior Couples—both must be 62 or over.

6-Month Membership (Monthly Rate)

Type	Single	Couple/ Sgl. Parent	Sr. Couple*	Family	Senior/Student
Full Fitness	\$54.00	\$73.00	\$66.00	\$85.00	\$48.00
Basic Swim	\$40.00	\$55.00	\$50.00	\$65.00	\$35.00

3-Month Membership (Monthly Rate)

Type	Single	Couple/ Sgl. Parent	Sr. Couple*	Family	Senior/Student
Full Fitness	\$65.00	\$85.00	\$77.00	\$100.00	\$58.00
Basic Swim	\$50.00	\$64.00	\$58.00	\$80.00	\$44.00

1-Month Membership

Type	Single	Couple/Sgl. Parent	Family
Full Fitness Only	\$75.00	\$100.00	\$125.00

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). EFTs must be established at enrollment.

*Sales Tax is must be added to all fees, including Membership Fees. Stated rates are effective 9/1/09.