



Centre



KIDS AND FAMILIES

FREE youth and teen (ages 10-17) fitness center orientations

Teens Fit expands on flexibility, cardiovascular and strength training components for ages 12+

FREE programs and activities for kids and families

play.

KIDS KOVE

Drop-in Child Care while you workout

Kids enjoy up to two hours each visit

For ages 6 weeks to 10 years, including grandchildren

FREE with Adult, Double and Family memberships



AQUATIC CENTER

FREE water fitness classes

Open lanes for lap swim

Zero-depth entry pool

Water Dome

90-foot water slide

Open swim for families to enjoy the water together

swim.

CENTRE SWIM SCHOOL

Designed for ages 6 months to adults

Small class sizes ratio of 5:1

Private Lessons

Parent-Child Lessons



FITNESS CENTER

Complimentary Adult Fitness Consultations to help define health and fitness goals, and identify the appropriate fitness program tailored to the individual

Personal Training

Sports Specific Training

New Leaf Metabolic Testing

workout.

GROUP EXERCISE

drop-in group fitness classes include:

BODYPUMP™

CENTRE MIX

PILATES

STUDIO CYCLING

CARDIO KICKBOX

More than 70 classes offered per week check out our schedule online



GREAT FACILITY

A comprehensive range of equipment and free weights, gym, swimming pool and whirlpool

Welcoming atmosphere

SENIORS

Variety of group fitness classes

Social Activities

Monthly Potlucks

belong!

THE ZONE

Hangout zone for students in grades 6-8

3-yr old PRESCHOOL & 4K

SCHOOL AGE CHILD CARE

SUMMER CAMPS

additional rates do apply



Save \$20-\$40 per Month on Your Centre Membership

Centre Members in eligible insurance plans with BlueCross and BlueShield of Minnesota, Medica and HealthPartners can receive a \$20 per month credit on their membership fee by working out a set number of days each month.

BlueCross and Blue Shield of Minnesota



Eligible BlueCross and BlueShield of Minnesota members have a Blueprint to Health fitness discount icon on their insurance membership cards. Bring your card to the Centre Member Service Desk to sign up to receive the \$20 monthly credit. You must work out a minimum of 12 days each month. Centre Family and Double memberships can receive credit for up to two adults participating in the program for a total credit of \$40 per month. (Note: Some self-insured BlueCross groups are not eligible for this program. Some self-insured plans may have different minimum requirements.)

Medica



Medica subscribers in an eligible plan can receive a \$20 credit on a Centre membership each month through the Medica Fit Choices program. All Adults (18+) covered by an eligible Medica plan may enroll in the program. You must work out a minimum of 8 days each month. One \$20 monthly credit will be applied to the membership fee. The qualifying adult within a Double or Family membership may vary by month.

HealthPartners



HealthPartners members in eligible plans can sign up to participate in the Frequent Fitness Program and receive a \$20 monthly credit on membership fees. You must work out a minimum of 12 days each month. Centre Family and Double memberships can receive credit for up to two adults participating in the program for a total credit of \$40 per month. (Note: Some self-insured HealthPartners groups are not eligible for this program. Some self-insured plans may have different minimum requirements.)

UCare of Minnesota



The UCan! UCare Activity Network is a fitness program for UCare for Senior members who belong to the Centre. They will receive a reduction in their monthly Centre membership dues of up to \$20 each month in which they work out at least 8 times a month.

SilverSneakers®



The SilverSneakers® Fitness Program is offered through healthcare providers nationwide and provides a basic health club membership with access to SilverSneakers® Fitness Classes and other senior-safe exercise classes. Please check with Member Services if your plan participates.

Here's the Scoop!

Adult	\$35
Double additional can be an adult or your dependents	\$45
Family 2 adults and their dependents	\$55
Youth ages 10-17	\$15
Student a minimum of 12 credits	\$25
Get Going Fee one-time fee applicable to all memberships types but Youth and Student	\$35

PAYMENT OPTIONS:

Monthly electronic fund transfer (EFT) from checking, savings or credit card.

Annual payment by cash, check or credit card.

CENTRE CARES FINANCIAL ASSISTANCE

The Centre provides scholarships and subsidies for qualifying applicants within our available resources. Please let us know if we may serve you or your family in this way.

