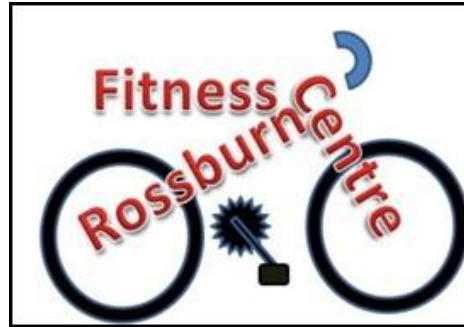


•Youth 14-17 have access only if accompanied by a responsible adult.

•Each member is given access to the fitness centre via card-lock system. This allows access for the registered member for 24 hours a day, 7 days a week.

•Individual Fitness Classes such as Yoga and Zumba are offered from time to time.

Contact Leisure & Events Co-ordinator.
859- 2779 x 102 for more details.



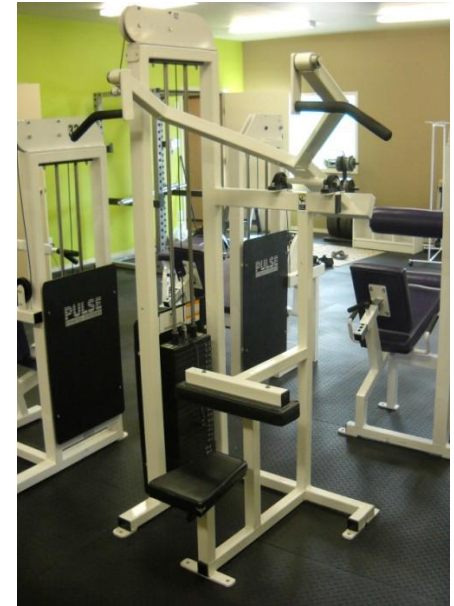
**12 Manitoba Avenue
Rossburn MB**

**For More
Information
Telephone:
204 859 2779**

**Email
municipaloffice@rossburn.ca**



Rossburn Fitness Centre



Membership Information

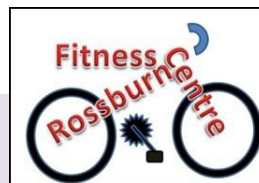
Rossburn Fitness Centre offers :

2 X Treadmills
Elliptical Machine
Recumbent Bike
Upright Bike
Leg Ext, Curl, Press
Machines
Seated Calf Machine
Squat Rack
Rowing Machine
Shoulder Press Machine
Benches for free weights

2 Washrooms
2 Showers



An open area is available for stretching and other exercises. A second area at the rear is used for yoga and fitness classes such as Zumba.



Fees:

Individual:

12 months—\$275
6 months—\$150
3 months—\$110
1 month—\$45

Family: (defined as one/two parents and a maximum of 2 dependents 14-18 years of age)

12 months—\$550
6 months—\$300
3 months—\$220
1 month—\$90

Drop-In Guest: \$5.00
(must be accompanied by a current member)

A deposit of \$10.00 is required for the key card.

25% Discount available for :
Seniors 65 +
Student (with card).

All fees must be paid at the Muncipal Office on Main Street .

The Rossburn Fitness Centre is a non-profit community service offered by Rossburn Municipality

Ongoing maintenance and upkeep is funded by memberships and other fees.

If you wish to make a **tax deductible donation** to this community project, please fill out the information below and return to:

Rossburn Municipality
Box 100, Rossburn MB
ROJ 1V0

Name : _____

Address _____

Tel . No: _____

Cheques payable to :
Rossburn Municipality.

