



105 Tower Avenue  
Walker, MN 56484

218-547-1853

www.walkerareacommunitycenter.com

# Membership Information

## Individual & Family Memberships

	Daily	Monthly	3-Month	6-Month	12-Month
Individual Adult (19-59)*	\$5.00	\$37.00	\$111.00	\$210.90	\$399.60
Family Additional Adult*	\$5.00	\$52.00	\$156.00	\$296.40	\$561.60
Senior (60 & Over)*	\$5.00	\$32.00	\$ 96.00	\$182.40	\$345.60
Family Additional Senior*	\$5.00	\$43.00	\$129.00	\$245.10	\$464.40
Youth (14-18)*	\$5.00	\$32.00	\$ 96.00	\$182.40	\$345.60
1-Month (Pay As You Go)	--	\$40.00	--	--	--
Active Military Personnel	\$5.00	\$25.00	\$ 75.00	\$150.00	\$270.00
Walking	\$1.00	--	--	--	\$ 25.00
Ice Skating (November-March)	\$5.00	--	Season Pass		\$ 50.00
Basketball	\$2.00	--	--	--	--

\*Requires a 3-month or longer agreement.

## Additional Member Information

12-Day Punch Card (Card is good for one year from the date of purchase)					\$35.00
Golf Nets	Free to Members (With Reservations)		Non-Members		\$ 5.00

Members of the Walker Area Community Center Fitness Center can swim for free at the Country Inn Walker by presenting their membership card.

Children under 13 free with a paying adult, children under 14 are not allowed in the fitness center.

## Insurance Programs

Individuals with participating Blue Cross Blue Shield, Medica, South Country Health Alliance, PreferredOne and U-Care plans can earn up to \$20 per month.

SilverSneakers is a fun, energizing program that helps older adults take a greater control of their health by encouraging physical activity and offering social events.

## Member Recruitment

This year we want to encourage our members to bring new people to our club. So...we have come up with an incentive to add a little extra motivation. Any member who brings in a new fitness member will be entered in a drawing for a \$50 gift certificate to a local business. Drawings will be held quarterly. There is a rule or two...

1. The new member must be new to the club, not a former member returning after hiatus.
2. The new members must sign up for a minimum of 6-months.

## 30-Mile Dash

20% off the regular membership price for those who live 30-miles or more from Walker.

## Current Classes

### Yoga

Yoga is a fun paced class. All levels are welcome, modifications are given to the new yogis and challenging options to the more seasoned. The class is held in the Ringle Library with instructor Dionne Daly.

Cost: \$55.00 (6 class punch card)  
\$12.00 drop-in

When: Thursdays at 6:00 pm

### Strengthening & Range of Motion

The Strengthening & Range of Motion class is held in the Ringle Library with instructor Stephanie Schneider. The class offers improved muscular strength and increased range of movement and flexibility.

Cost: Free to members  
\$3.00 for non-members (per class)

When: Tuesday & Thursdays at 8:30 am

### Zumba

Zumba features exotic rhythms set to high-energy Latin and international beats.

Cost: \$5.00 per class  
\$50.00 (12 day punch card)

When: Tuesday & Thursdays at 6:00 am  
With Tamara Pederson

Wednesday at 6:00 pm  
With Amy Erickson