

# HEALTH AND FITNESS CENTER

## HOURS OF OPERATION

**Monday – Friday**  
6:15AM-8:00PM

**Saturday**  
8:00AM-6:00PM

**Sunday**  
8:00AM-6:00PM

**Closed on Holidays**

**NO ATTENDANTS ON DUTY**



### Other Services

Personal Training  
Machine Orientation  
Gift Certificates  
Special Incentives



Spring Grove Regional Parks  
and  
Recreation Center

HEALTH AND FITNESS  
CENTER

50 North East Street Suite 1  
Spring Grove, Pa 17362

Information :717-225-9733 Ext. 1

[www.sgrprc.com](http://www.sgrprc.com)



Spring Grove Regional Parks  
and  
Recreation Center



HEALTH  
&  
FITNESS

50 North East Street  
Suite 1  
Spring Grove, Pa 17362

Info: 717-225-9733 Ext. 1

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## Classes

Exercise Classes are offered year around and you may join at any time.

Class fees are a per class rate.

Classes vary with seasons.

### Classes Include

- Zumba
- Fun and Fit (older active adults)
- Taekwondo
- Yoga

**\*Please ask about new and upcoming fitness classes**

**Class Fee: \$4.00 per class drop in rate**

**Punch cards are available from your class instructors**



## Membership Rates

### Adult Single

1 Month	\$40
3 Month	\$90
6 Month	\$160
1 Year	\$285

### Adult Couple

1 Month	\$65
3 Month	\$180
6 Month	\$350
1 Year	\$525

### Family

1 Month	\$90
3 Month	\$190
6 Month	\$320
1 Year	\$615

### Student

1 Month	\$24
3 Month	\$47
6 Month	\$74
1 Year	\$123

### Senior (60+)

1 Month	\$24
3 Month	\$47
6 Month	\$74
1 Year	\$123

### Senior Couple

1 Month	\$30
3 Month	\$65
6 Month	\$110
1 Year	\$195

**\$10 Card Activation Fee**  
**\$5 Guest Pass (per day rate)**

**\*To sign up for a membership call or stop at the main office 717-225-9733 Ext. 1**

We accept cash, check or online credit card or online payments at [www.sgrprc.com](http://www.sgrprc.com)

\*\*Additional Discount rates offered for U.S. Armed Forces, local police, fire and emergency medical response personnel and organized groups.

**Call for more information**

## Equipment

### Cardio Machines

- Treadmills
- Elliptical Cross trainers
- Recumbent Bikes
- Stepper

### Resistant Equipment

- Stability Balls/Mats
- Bands and Tubing
- Body Bars

### Weights

- Free Weights
- Smith Machine
- Multi Hip
- Inverted Leg Press
- Cable Cross Over
- Pec Dec/Rear Delt
- Seated Leg Extensions
- Ab Crunch/Back Extensions
- Incline & Flat Olympic Racks/Benches
- Lat/Low/Curl/Triceps Multi-Station
- Multi-Function Rack

