

HEALTH AND FITNESS CENTER

HOURS OF OPERATION

*Attendant hours vary

Fall /Winter Hours

September Through March

Monday –Friday 6:15AM-8:00PM

Saturday 8:00AM-6:00PM

Sunday 8:00AM-6:00PM

Spring/Summer Hours

April Through August

Monday –Friday 6:15AM-9:00PM

Saturday 8:00AM-6:00PM

Sunday 8:00AM-6:00PM

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

717-225-9733 Ext. 9
www.sgrprc.com



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and
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&
FITNESS

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Classes

Membership Rates

Equipment

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

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

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

**\$20 Activation Fee for New Memberships
\$5 Guest Pass (per day rate)**

We accept cash, check or online credit card payments at www.sgrprc.com

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

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/Tricep Multi-Station
- Multi-Function Rack

