

## Activity Based Locomotor Exercise (ABLE)

ABLE incorporates the latest scientific research in an innovative, intensive wellness and fitness program for people with paralysis and other neurological conditions. Participants work with a customized exercise program to achieve their goals, using state-of-the-art equipment and professionally trained, experienced staff

Golden Valley ..... Contact: 763-520-0600  
able@couragecenter.org

Days/Times: By appointment

## Locomotor Training with Over-Ground Activities

Includes stretching prior to treadmill session; 45 minutes on bodyweight-supported treadmill with the assistance of a minimum of four fitness specialists, followed by 30 minutes of over-ground activities off the treadmill. Cost: \$2,100 for 3 sessions per week for 4 weeks; \$1,400 for 2 sessions per week for 4 weeks. Single sessions may be scheduled as available, one week in advance for \$175 per session

## Functional Electrical Stimulation (FES)

Using the FES bike may improve cardiovascular and bone health, decrease skin breakdown and spasticity, and increase

range of motion. Cost: \$120 per single session. FES may include one or more of the following options:

- Lower extremity: electrodes placed on specific leg muscles.
- Trunk: electrodes placed on trunk muscles and selected arm or leg muscles.
- Upper extremity: electrodes placed on specific arm muscles.

## Guided Exercise

Includes individual instruction and assistance from a fitness specialist. Sessions may include strengthening and/or cardio exercise. A variety of specialized exercise equipment and customized exercises are incorporated and customized to meet each client's individual needs. Equipment includes, but is not limited to: WAVE ProElite, UpperTone, Paramount, VitaGlide, Giger MD, Total Gym, Bioness and Stiwell e-stim. Pool exercise is also an option. Cost: \$75 per single session

## Discounts

To maximize program benefits, we recommend high-intensity activity-based exercise three to four hours a day, three days a week for 12 weeks. This recommendation is based on the most current scientific research regarding the level of intensity needed to achieve results. A 10 percent discount is applied when purchasing two or more interventions, three days per week with advance payment for a 12-week commitment.

### Courage Center Golden Valley

3915 Golden Valley Road, Minneapolis, MN 55422  
763.520.0375

### Courage Center St. Croix

1460 Curve Crest Blvd., Stillwater, MN 55082  
651.439.8283

### Courage Center Burnsville

100 Cobblestone Lane, Burnsville, MN 55337  
952.898.5700

[www.CourageCenter.org](http://www.CourageCenter.org)

Courage Center is a tobacco-free organization.



# 2012

## Aquatics, Fitness & Wellness Schedule

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Healthcare provider partnership discounts for SilverSneakers, HealthPartners, Blue Cross and Blue Shield, PreferredOne and UCare for Seniors

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### 2012 Schedule

Winter: Jan 3-Mar 10

Spring: Mar 12-May 19

Summer I: May 21-Jul 28

Summer II: Jul 30-Oct 6

Fall: Oct 8-Dec 15



## Requirements

An initial assessment and orientation is required for all new pool participants. Cost: \$45

Burnsville ..... Contact: Katie P., 952.953.5370  
Days/Times: By appointment

Golden Valley ..... Contact: Derek L., 763.520.0484  
Derek.LaBerge@CourageCenter.org  
Days/Times: By appointment

Stillwater ..... Contact: Front Desk, 651.439.8283  
Days/Times: By appointment

## One-to-One Programs

### Adapted Swim Lessons

In this staff supervised and directed swimming program, clients work on swimming skills like the front/back float, front/back crawl, breast stroke, blowing bubbles, putting their face in the water, etc. We'll also work on stroke refinement, sensory integration, water adjustment and safety skills. Cost: \$145 for a 10-week session (30 and 60 minutes available)

Golden Valley ..... Contact: Emily A., 763.520.0315  
Emily.Amundsen@CourageCenter.org

Days/Times: By appointment

Stillwater ..... Contact: Paula S., 651.351.2326  
Days/Times: By appointment

### Nutrition and Weight Management

A 10-week course offered in conjunction with Stay Fit/Stay Fit Extra programs. Do you have a goal of losing weight, improving your eating habits or preventing weight gain? If so, this program, developed by a registered dietitian, can enhance the benefits of Stay Fit. Fitness staff members help clients learn healthy eating to maximize fitness progress and work toward a healthy weight. Platform scales are available if you use a wheelchair or are unable to stand on a traditional scale. There is no cost for this program. Ask your fitness or aquatics staff for more information.

### Stay Fit

The Stay Fit program is a staff supervised/directed exercise-based program. Participants work on balance, stretching, range of motion, strengthening, coordination, cardio/endurance and water adjustment skills. Stay Fit is designed for people who can self-direct their exercise program and who require assistance less than 50 percent of the time. Cost: \$145 for a 10-week session (30 and 60 minutes available)

Golden Valley ..... Contact: Melissa S., 763.520.0551  
Melissa.Shimek@CourageCenter.org

Days/Times: By appointment

Stillwater ..... Contact: Paula S., 651.351.2326  
Days/Times: By appointment

### Stay Fit Extra

This program is designed for clients who require additional exercise direction, need help with transfers and close monitoring of their exercise program. Cost: \$218 for a 10-week session (30 and 60 minutes available)

Burnsville (youth) ..... Contact: Katie P., 952.953.5370  
Days/Times: By appointment

Golden Valley ..... Contact: Melissa S., 763.520.0551  
Melissa.Shimek@CourageCenter.org

Days/Times: By appointment

Stillwater ..... Contact: Paula S., 651.351.2326  
Days/Times: By appointment

### Back Moves

A one-to-one program that addresses individual back care needs. Our aquatics staff will work with you to create a customized program using the warmth and support of our therapy pool. Benefits of this program include learning the proper postural alignment, strengthening the back and core muscle groups, increasing stability and promoting relaxation. Cost: \$22 for 30 minutes; \$40 for 60 minutes.

Golden Valley ..... Contact: Derek L., 763.520.0484  
Days/Times: By appointment

### Personal Training

This is a one-to-one consultation with an aquatic recreational specialist to plan a customized exercise program to match your aquatic activity needs and goals. Cost: \$40 for 30 minutes; \$70 for 60 minutes.

Golden Valley ..... Contact: Derek L., 763.520.0484  
Days/Times: By appointment

Stillwater ..... Contact: Holly G., 651.351.2325  
Days/Times: By appointment

## Pool Classes

### Ai Chi Relaxation

A relaxation progression with sequenced moves using deep breathing and slow, flowing body movements. Similar to Tai Chi, but performed in shoulder-depth warm water. Open to people of all abilities. Cost: \$62 for a 10-week session

Golden Valley ..... Contact: Derek L., 763.520.0484  
Days/Times: Thu, 6:45-7:30 a.m.

Stillwater ..... Contact: Holly G., 651.351.2325  
Days/Times: Fri, 12-12:45 p.m.

### Arthritis Stretch

(Cosponsored by the Arthritis Foundation Youth & Adults)

Moving in warm water is fun! This class includes walking warm-ups, range-of-motion moves for all your major joints and low-impact exercises. Participants must be independent in the water. Cost: \$98 for a 10-week session

Golden Valley ..... Contact: Heidi J., 763.520.0687  
Days/Times: Mon & Wed, 1-2 p.m. or Tue & Thu, 9-10 a.m.

## Arthritis Exercise

Designed for people with arthritis who want a more challenging exercise than basic range of motion. Concentrates on walking warm-ups, strengthening range of motion of all major joints and low-impact cardiovascular exercise. Participants must be independent in the water. Cost: \$98 for a 10-week session

Golden Valley .....Contact: Heidi J., 763.520.0687  
Days/Times: Mon & Wed, 9-10 a.m.

Stillwater .....Contact: Paula S., 651.351.2326  
Days/Times: Mon & Wed, 9-10 a.m. or Mon & Wed, noon-1 p.m.  
Tue & Thu, 9-10 a.m.

Fri, 9-10 a.m.\*

\*Add an extra day (Friday—Stillwater only) for \$55 per 10-week session

## Big & Loud Crowd Pool

This program is designed for people with Parkinson's disease or other neurological disorders. Participants perform a variety of exercises for flexibility, endurance and balance. Cost: \$100 for a 10-week session

Stillwater .....Contact: Brian O., 651.351.2327  
Days/Times: Tue & Thu 10 -11 a.m.

## Deep Water Training

Deep water training is for those who are looking for something new and challenging. Deep water provides a non-impact environment for exercise that reduces the risk of injury and discomfort during exercising. Participants use flotation devices. Cost: \$80 for 12 visits. \$98 for a 10-week session.

Golden Valley .....Contact: Heidi J., 763.520.0687  
Days/Times: Wed & Fri, 9-10 a.m.

## Fibro-cize

This class focuses on self-paced stretching, strengthening, endurance training and relaxation for people with fibromyalgia. Cost: \$80 for 12 visits (Golden Valley only); \$98 for a 10-week session (both locations).

Golden Valley .....Contact: Vicki S., 763.520.0486  
Days/Times: Mon & Wed, 12-1 p.m., Fri 12:30-1:30 p.m.

Stillwater .....Contact: Holly G., 651.351.2325  
Days/Times: Tue, Thu, Fri, 11 a.m.-noon\*

\*Add an extra day (Friday—Stillwater only) for \$55 per 10-week session

## Multiple Sclerosis (MS) Aquatic Program

(Cosponsored by the National MS Society-MN Chapter)

This class focuses on walking warm-ups, range of motion of all major joints, strengthening and low-impact endurance exercises. Participants must be independent in the water.

Cost: \$98 for a 10-week session

Stillwater .....Contact: Michelle S., 651.351.2312  
Days/Times: Tue & Thu, 10-11 a.m.

## Stroke Class

Designed for stroke survivors who are independent in the water. This class focuses on range of motion of all major joints, water walking, balance, endurance and strengthening exercises. Cost: \$100 for a 10-week session

Golden Valley .....Contact: Heidi J., 763.520.0687  
Days/Times: Tue & Thu, 10-11 a.m.

Stillwater .....Contact: Brian O., 651.351.2327  
Days/Times: Tue & Thu, 10-11 a.m.

If needed, volunteers are available to assist during class.

Courage Center will provide water volunteers on a limited basis. If you need a volunteer, your request must accompany your registration. Cost: \$100 for a 10-week session

Golden Valley .....Contact: Heidi J., 763.520.0687  
Days/Times: Mon & Wed, 10-11 a.m.

Stillwater .....Contact: Michelle S., 651.351.2312  
Days/Times: Mon & Wed, 10-11 a.m.

## Prenatal Splash

This class is designed for all abilities and at any stage of pregnancy. It includes a warm-up, stretching, strengthening, aerobic conditioning and a cool down. Cost: \$88 for a 12 visit pass, \$44 for 6 visit pass (Golden Valley only).

Golden Valley .....Contact: Heidi J., 763.520.0687  
Heidi.Johnston@CourageCenter.org  
Days/Times: Thu, 6-7 p.m.

Stillwater .....Contact: Paula S., 651.351.2326  
Days/Times: Tue & Thu, 5-6 p.m.

## Whole Body Conditioning

This water exercise program is designed to increase flexibility, range of motion, cardio endurance, core strengthening and your overall physical condition. Cost: \$98 for a 10-week session

Golden Valley .....Contact: Derek L., 763.520.0484  
Days/Times: Mon & Wed, 11 a.m.-noon, 5:45-6:45 p.m.

Stillwater .....Contact: Paula S., 651.351.2326  
Days/Times: Mon & Wed, 1-2 p.m., Tue & Thu, 10-11 a.m.

## Water Aerobics

This aquatic fitness program includes warm-up, strengthening, cardiovascular endurance work and a cool down period. Cost: \$80 for 12 visits, \$98 for a 10-week session

Golden Valley .....Contact: Vicki S., 763.520.0486  
Days/Times: Mon, Wed & Fri, 6:30-7:30 a.m.

Stillwater .....Contact: Holly G., 651.351.2325  
Days/Times: Tue & Thu, 5-6 p.m., Sat, 9-10 a.m.

## Water Yoga

Increase strength, flexibility, balance and the ability to focus inward through the active practice of postures. Discover a deeper connection between mind and body, one that fosters a sense of wholeness and well-being. Cost: \$62 for a 10-week session

Stillwater (adults) .....Contact: Chelsea B., 651.351.2378  
Days/Times: Tue 1-1:45 p.m.

## Community Swim Programs (Youth)

### Waterbabies (Infants ages 6-36 months and their parents)

Popular and fun, this class is open to all children and their families, regardless of ability. Parents get in the water and work with their infants on safety, water adjustment and swimming skills such as kicking, blowing bubbles, reaching and muscle control. The class also provides an opportunity for you and your child to interact with other parents and children. Cost: \$90 for a 10-week session

Golden Valley ..... Contact: Vicki S., 763.520.0486  
Victoria.Syslo@CourageCenter.org

Days/Times: Classes offered Wed, Thu p.m.  
Wed, Fri & Sat a.m.

Stillwater ..... Contact: Brian O., 651.351.2327  
Days/Times: Mon, Wed, Thu & Sat p.m.

### Water Tots

This class is designed for children who have completed Waterbabies, but are not quite ready for Level 1 Preschool Swim. Children will float, splash, increase comfort level in the water and play without their parents in the water. Cost: \$90 for a 10-week session

Golden Valley ..... Contact: Vicki S., 763.520.0486  
(ages 3-4 yrs) Victoria.Syslo@CourageCenter.org

Days/Times: Classes offered Tue, Wed & Thu p.m.  
Fri & Sat a.m.

### Level 1: Water Exploration

Class focuses on water exploration and beginning skills including floating, kicking, gliding and breath control.

Cost: \$90 for a 10-week session

Golden Valley ..... Contact: Vicki S., 763.520.0486  
(ages 4-6 yrs) Victoria.Syslo@CourageCenter.org

Days/Times: Classes offered Tue, Wed & Thu p.m.  
Fri & Sat a.m.

Stillwater..... Contact: Brian O., 651.351.2327  
(ages 3 yrs +)

Days/Times: Mon, Wed, Thu & Sat

### Level 2: Fundamental Aquatic Skills

Teaches back and front crawl and rhythmic breathing. Must pass Level 1 or be able to float independently on front and back. Cost: \$90 for a 10-week session

Golden Valley ..... Contact: Vicki S., 763.520.0486  
(ages 4-6 yrs) Victoria.Syslo@CourageCenter.org

Days/Times: Classes offered Tue, Wed & Thu p.m.  
Fri & Sat a.m.

Stillwater ..... Contact: Brian O., 651.351.2327  
(ages 3 yrs +)

Days/Times: Mon, Wed, Thu & Sat

### Level 3: Stroke Development

Introduces butterfly kick, body motion and treading water. Focus on stroke development front and back crawl. Must have ability to swim 20 yards front and back crawl. Cost: \$90 for a 10-week session (ages 4-6 yrs.)

Stillwater ..... Contact: Brian O., 651.351.2327  
Days/Times: Mon, Wed & Sat

### Level 4 and 5

Stillwater ..... Contact: Brian O., 651.351.2327  
Days/Times: Mon, Wed, Thu & Sat

## (Youth and Adults)

### Adaptive Swim Club (Youth)

Join the club and get a great workout! Members work on stroke techniques, teamwork and socialization. Cost: \$84 for a 10-week session

Golden Valley ..... Contact: Melissa S., 763.520.0551  
Days/Times: Sat, 10-11 a.m.

Stillwater ..... Contact: Chelsea B., 651.351.2378  
Days/Times: Tue, 6-7 p.m.

### Swim Team (Advanced/Level 5 swimmers)

This class is run like a competitive swim team practice with an emphasis on team building. Cost: \$150 for one day; \$300 for both days

Stillwater ..... Contact: Sara C., 651.351.2379  
Days/Times: Sat, 1:30-2:30 p.m., Thu, 6-7 p.m.

### Water Activities

This class involves working with staff and volunteers focusing on water adjustment, basic swimming skills, water games and having fun in the pool. Cost: \$78 for one day a week for a 10-week session

Stillwater ..... Contact: Holly G., 651.351.2325  
Days/Times: Tue, (Adults) 6-7 p.m., Thu, (Youth) 6-7 p.m.

Planning a birthday party? A family reunion?  
A fun group get-together? Rent the pool for  
your next event! Call for information about  
times and rates.

Golden Valley Contact: Vicki S., 763.520.0486  
Stillwater Contact: Joanie K., 651.351.2306

**Private Swim Lessons**

Individual swim lessons with a swimming instructor. Cost: \$200 for a 10-week session; private small group, \$150 for a 10-week session

Stillwater .....Contact: Paula S., 651.351.2326  
Days/Times: By appointment

**Family Swim**

This is a time for clients, community members and their families to exercise and have fun in our warm-water pool.

Cost: \$6 per visit (children 2 and under free)

Golden Valley .....Contact: Central Check-in, 763.520.0375  
Days/Times: Wed, 7-8:30 p.m., Sat, 2-3:30 p.m.

Stillwater .....Contact: Front Desk, 651.439.8283  
Days/Times: Mon, 6:30-8 p.m., Sat, 12:15-1:30 p.m.

**Aquatic Bodywork**

Explore forms of supported movement in Courage Center's warm-water pools. Experience stretch, massage and relaxation for your mind and body aided by trained aquatic specialists. Our programs integrate the best in therapy with mind-body principles such as breath control to invite healing and positive body changes. An Aquatic Bodywork session may consist of any of the following techniques: Watsu, Adaptive Watsu, Healing Dance, Bad Ragaz, etc. Two rates are available, one for certified practitioners and another with trained staff.

**Certified Practitioner**

\$45 for 30-minute session, \$65 for 45-minute session, \$75 for a 60-minute session. Intake \$70.

Golden Valley .....Contact: Derek L., 763.520.0484  
Days/Times: By appointment

**Trained Staff**

\$35 for 30-minute session, \$45 for 45-minute session, \$55 for a 60-minute session.

Golden Valley .....Contact: Amanda K., 763.520.0417  
Stillwater .....Contact: Paula S., 651.351.2326  
Holly G., 651.351.2325

**Pool and Fitness Pass**

\$60 for a 10-visit pass (good for six months)  
\$110 for a three-month pass (unlimited use)  
\$45 for a one-month pass

Initial Assessment and Orientation is required for Pool and/or Fitness Center prior to purchasing this pass.

Please refer to the schedules under Independent Fitness Pass and Independent Pool Pass for times this Pass can be used at each facility.

**Independent Pool Times**

**Golden Valley (763.520.0375)**

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
7:30-9 a.m. 2-4 p.m.	7-9 a.m. 11 am-1 p.m. 2-8:30 p.m.	7:30-9 a.m. 2-5 p.m.	7:30-9 a.m. 11 am-1 p.m. 2-8:30 p.m.	7:30-9 a.m. 2-4 p.m.	7:30-9 a.m. 12-2 p.m.

**Stillwater (651.439.8283)**

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
7-9 a.m. 11 a.m.-noon 2-6 p.m.	7-9 a.m. noon-1 p.m. 2-5 p.m. 7-8:30 p.m.	7-9 a.m. 11 a.m.-noon 2-6 p.m.	7-9 a.m. 2-5 p.m. 7-8:30 p.m.	7-9 a.m. 1-5:30 p.m.	10 a.m.-noon

Lap swimming time is also available for the independent swimmer at various times throughout the day. Lap swimmers must be able to swim the length of the pool continuously (25 yards).

## Requirements

An assessment and orientation session is required prior to using the Fitness Center. This is a 90-minute session with a fitness professional. Cost: \$75 (one time fee)

Burnsville (youth).....Contact: Katie P., 952.953.5370  
Days/Times: By appointment

Golden Valley.....Contact: Fitness Center, 763.520.0366  
Days/Times: By appointment

Stillwater..... Contact: Holly G., 651.351.2325  
Days/Times: By appointment

## Nutrition and Weight Management

A 10-week course offered in conjunction with Stay Fit/Stay Fit Extra programs. Do you have a goal of losing weight, improving your eating habits or preventing weight gain? If so, this program, developed by a registered dietitian, can enhance the benefits of Stay Fit. Fitness staff members help clients learn healthy eating to maximize fitness progress and work toward a health weight. Platform scales are available if you use a wheelchair or are unable to stand on a traditional scale. There is no cost for this program. Ask your fitness or aquatics staff for more information.

### Stay Fit

The Stay Fit program is a staff supervised/directed exercise-based program. Participants work on balance, stretching, range of motion, strengthening, coordination and cardio/ endurance skills.

Stay Fit is designed for people who can self-direct their exercise program and who require assistance less than 50 percent of the time. Cost: \$145 for a 10-week session (30 minutes—once per week)

Golden Valley.....Contact: Fitness Center, 763.520.0366  
Days/Times: By appointment

Stillwater..... Contact: Holly G., 651.351.2325  
Days/Times: By appointment

### Stay Fit Extra

This program is designed for clients who require additional exercise direction, need help with transfers and close monitoring of their exercise program. Cost: \$218 for a 10-week session (30 minutes—once per week)

Burnsville (youth).....Contact: Katie P., 952.953.5370  
Days/Times: By appointment

Golden Valley.....Contact: Fitness Center, 763.520.0366  
Days/Times: By appointment

Stillwater.....Contact: Holly G., 651.351.2325  
Days/Times: By appointment

## Stay Fit FES Bike

Stay Fit FES (Functional Electrical Stimulation) bike is a Stay Fit option for clients whose exercise program includes FES bike.

Cost: \$470 for a 10-week session (60 minutes—once per week)

Burnsville (youth) .....Contact: Katie P., 952.953.5370  
Days/Times: By appointment

Golden Valley.....Contact: Fitness Center, 763.520.0366  
Days/Times: By appointment

Stillwater..... Contact: Holly G., 651.351.2325  
Days/Times: By appointment

## Personal Trainer

This is a one-on-one consultation with a fitness professional to plan a customized exercise program to match your fitness needs and goals. Cost: \$40 for 30 minutes, \$70 for 60 minutes

Golden Valley.....Contact: Fitness Center, 763.520.0366  
Days/Times: By appointment,  
Limited day/time availability

Stillwater.....Contact: Holly G., 651.351.2325  
Days/Times: By appointment

## Stretching Your Limits

Stretching is an important part of your exercise routine. It helps reduce stress, improve circulation and blood flow, decrease back pain, improve posture, and increases flexibility and range of motion. Enhance your exercise routine with staff assisted stretching. Cost: \$15 for 15 minutes or \$25 for 30 minutes. Discount pricing for multiple sessions

Golden Valley.....Contact: Fitness Center, 763.520.0366

## Classes

### Big & Loud Crowd Land

Our Friday sessions are land-based, held in our Fitness Center. The focus is on reviewing therapy exercises. Receive an introduction to equipment and help with strength and flexibility training. Cost: \$49 for a 10-week session

Stillwater.....Contact: Lamont K., 651.351.2318  
Days/Times: Fri, 10 -11 a.m.

### Adapted Yoga

Increase strength, flexibility, balance and the ability to focus inward through the active practice of postures. Discover a deeper connection between mind and body, one that fosters a sense of wholeness and well-being. Cost: \$75 for a 10-week session

Golden Valley.....Contact: Fitness Center, 763.520.0366  
Days/Times: Mon, 5-6:15 p.m. or 6:30-8 p.m.

Stillwater (adults)..... Contact: Sara C., 651.351.2379  
for additional times  
Days/Times: Wed, 10:30-11:30 a.m.

**Beyond Balance** (focusing on Fall Prevention)

An individualized, one-to-one exercise program which focuses on balance and fall prevention as well as general health and wellness. Benefits of balance training include increased strength, flexibility, endurance, confidence and muscle balance. Initial Assessment required, \$40 for a 60 minute session. Cost: \$22 for a 30-minute session; \$40 for a 60-minute session  
 Golden Valley .....Lisa L, 763.520.0366  
 Days/Times: By appointment

**Teen Fitness Club**

Join an energetic group of teens to exercise to music and games. It's fun! You'll stretch, lift weights and do aerobics on a variety of fitness equipment. (First time participants must schedule an initial assessment and orientation.) Cost: \$98 for a 10-week session (two days per week)  
 Stillwater..... Contact: Holly G., 651.351.2325  
 Days/Times: Tue & Thu, 4:30-5:30 p.m.; Mon & Wed 5-6 p.m.

**Massage**

**Massage—Professional Therapist**

Massage can loosen muscle tension, increase circulation and calm your nervous system. Options include chair or table massage. Can be adapted for people in wheelchairs or those with special physical needs. Table Massage Cost: \$40 for a 30-min. session; \$50 for a 45-min. session; \$65 for a 60-min. session. Chair massage cost: \$1 per minute (Stillwater only)  
 Golden Valley ..... Contact: Central Check-in, 763.520.0375  
 Days/Times: By appointment  
 Stillwater..... Contact: Holly G., 651.351.2325  
 Days/Times: By appointment

**Pool & Fitness Pass**

\$60 for a 10-visit pass (good for six months)  
 \$110 for a three-month pass  
 \$45 for a one-month pass

Initial Assessment and Orientation is required for Pool and/or Fitness Center prior to purchasing this pass.

Please refer to the schedules under Independent Fitness Pass and Independent Pool Pass for times this Pass can be used at each facility.

**Independent Fitness Times**

**Golden Valley** (Central Check-In, 763.520.0375)

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
7 a.m.-6 p.m.	7 a.m.-6 p.m.	7 a.m.-6 p.m.	7 a.m.-6 p.m.	7 a.m.-4 p.m.	9 a.m.-1 p.m.

**Stillwater**

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
7 a.m.-6 p.m.	8 a.m.-noon 1-4:30 p.m. 5:30-7 p.m.	7 a.m.-6 p.m.	8 a.m.-noon 1-4:30 p.m. 5:30-7 p.m.	7 a.m.-4 p.m.	9 a.m.-noon