



Minnetonka Community Strength/Fitness Program

MYHA and the Minnetonka Strength and Conditioning Program are now offering an “Adult” strength and fitness training program for community members.

Community Strength/Fitness Membership Includes:

- q** For just \$15/month you get access to the Pagel Center’s state of the art 5,000 square foot strength training facility featuring equipment by Nautilus, MedX, and Hammer Strength as well as free weights and Schwinn Airdyne Bikes.
- q** Access to the Pagel Center’s walking/running track.
- q** A qualified instructor – Unlike most health clubs, your Community Strength/Fitness membership doesn’t just get you in the door. A qualified instructor is on duty at all times to answer questions, provide workout cards, and distribute fitness related information.

Where: Pagel Activity Center (behind Minnetonka High School)

Hours: Monday – Thursday **6:00AM-8:00AM** and **5:00PM-8:00PM**
Friday **6:00AM-8:00AM** and **5:00PM-6:00PM**
Saturday **8:00AM-12:00PM**

Cost: Individual-\$175 per year Couple-\$250 per year
(MYHA members inquire about discount)

To register, mail check (made out to MYHA) and this form to: PAC 18313 Highway 7 Minnetonka, MN 55345

Name: _____ Phone: _____ Email: _____

Address: _____

Type of Membership: (circle) Individual \$175 Couple \$250

Starting date of membership: _____

I hereby waive, release and discharge any and all claims resulting from any cause whatsoever against MYHA, the Pagel Activity Center Staff, and Community Strength/Fitness instructors for damages, death, personal injury, or property damage which I or any other person may suffer as a result of my participation in activities at the Pagel Activity Center.

Date: _____ Signature: _____

**For more information, contact Ryan Carlson 952-401-5947
ryan.carlson@minnetonka.k12.mn.us**