

Membership Rates

1 Day Pass	\$5
1 Week (7 days)	\$15
1 Month	\$30
3 Months	\$80
6 Months	\$150
1 Year	\$250
1 Year Family Pack (min. 2 - max. 4)	\$450

Reduced Rates for Qualified Individuals

1 Month Student	\$20
1 Month Senior 62+	\$20
1 Month Senior 70+	\$10
1 Month Firefighter	\$25
3 Months Firefighter	\$64
6 Months Firefighter	\$120
1 Year Firefighter	\$200

Gift Certificates Available!

Look for our Spring, Fall & Winter specials
for a week or more free!

**non-refundable \$5 key fee for new or lost keys*



For more information or
to purchase a membership, please
contact the St. Agatha Town Office:
(207) 543-7305
Monday - Friday 8am to 4:30pm

413 Main Street
PO Box 110
St. Agatha, ME 04772

Phone: (207) 543-7305
Fax: (207) 543-7306
www.stagatha.com

Total Wellness for Life

The Long Lake Regional Wellness & Fitness Center is committed to helping our members lead a healthy lifestyle. We are proud to offer the award-winning CYBEX equipment with a variety of exercise options. Our equipment will serve a range of abilities in both strength and cardio equipment.

Exercise in a non-competitive atmosphere, where you progress at your own rate, enjoying the company of others, many who share the same goals. We invite you to tour our facility and take the first step towards a healthier and stronger body and mind.

We know how busy you are, but how important it is to stay committed to your health. Our **keyless entry** system allows you to set your own workout schedule between the **hours of 4am and 11pm, 365 days a year.**



Your membership with the Long Lake Regional Wellness & Fitness Center will help you get results whether it is losing weight, getting in shape or toning your muscles.

It is well documented the benefits of regular exercise.

- ◇ Lower Blood Pressure
- ◇ Improve Circulation
- ◇ Reduce Stress
- ◇ Weight Loss
- ◇ Improve Balance and Flexibility
- ◇ Feel and Look Good

CARDIO EQUIPMENT

Increase your metabolism and shed excess body fat with our cardio equipment

Treadmills	Stationary Bikes
Stepper	Elliptical Cross Trainer



FREE WEIGHTS & STRENGTH TRAINING

Tone and tighten your body with a variety of easy to use machines and free weights. Machine weights are adjustable to any body type and allow you to safely develop every muscle group.

Leg Lift	Leg Extension
Prone Leg Curl	Glute Press
Bench Press	Smith Press
Scott Curl	45 Back Extension
Dip/Chin Assist	Cable Crossover
Incline Press	Exercise Balls & Bands
Rotary Hip	Fly/Rear Delt Press

RULES & GUIDELINES

- Remember to sign in (office counter) each time you use the fitness center. If you go more than 1 time in a day, please sign in each time.
- You need to bring a pair of shoes to use other than the ones you wear into the facility. This helps with the wear and tear on our equipment and floors.
- If you are the last one to leave, please make sure the lights, radio, tv and fans are turned off.
- During busy times, please limit equipment use to 20 minutes.
- After you use a piece of equipment, please wipe it down with the spray and towel provided.
- ***Opening the door or allowing someone else to enter who is not a paying member could result in a suspension or revocation of your membership.***
- We do have a camera system installed to monitor all exits.
- We do not have an attendant on staff.
- If you have any questions or concerns, please contact the St. Agatha Town office.
- Members must be **at least 14** years of age.
- If **under 16**, must be accompanied by a parent.
- Members under 18 must have a parent or legal guardian sign membership application.