



Hours of Operation

Monday through Friday:

4:00 am - 9:00 pm

Saturday and Sunday:

5:00 am - 8:00 pm

OUR CLASS SCHEDULE CHANGES EVERY MONTH - PLEASE MAKE SURE TO CHECK OUT THE SCHEDULE AT THE FRONT DESK OR GO TO

www.rfgh.net

TO DOWNLOAD OUR MONTHLY OFFERINGS. ONLINE STREAMING CLASSES INCLUDED IN YOUR MEMBERSHIP OR STREAMING-ONLY MEMBERSHIP IS JUST \$20/MO. SSF TRIES TO PROVIDE SAFE, EFFICIENT, AND FUN CLASSES, AND THE COST IS INCLUDED IN YOUR PAID MEMBERSHIP!

NOT A MEMBER?

Classes can also be purchased at \$10/class per adult or

\$5/class for children under the age of

WE WANT TO PROVIDE THE BEST

PLEASE BRING A CHANGE OF SHOES WITH YOU TO HELP KEEP OUR FLOORS AND MACHINES CLEAN.

WE SUPPLY DISINFECTANT STATIONS IN EACH ROOM. PLEASE WIPE THE EQUIPMENT BEFORE AND AFTER EACH USE. FOR THE SAFETY OF ALL, PLEASE REMOVE PLATES FROM ALL WEIGHT MACHINES AND BARS AND REPLACE THEM ON THE RACKS.

FOR YOUR CONVENIENCE, WE OFFER A SELECTION OF BEVERAGES FOR PURCHASE IN THE FRONT LOBBY. PLEASE CHECK OUT OUR MONTHLY SCHEDULE, AND CLASS DESCRIPTIONS FOR MORE INFORMATION ON ALL THE CLASSES WE OFFER! CERTIFIED TRAINERS AVAILABLE! FIRST CONSULT IS FREE OF CHARGE.

SSF STREAMING CLASSES NOW AVAILABLE WITH YOUR MEMBERSHIP TO DO WHEN AND WHERE YOU WANT! GET YOUR PROMO LINK AT THE FRONT DESK.

DOES YOUR HEALTH INSURANCE PROVIDE THESE FREE MEMBERSHIPS BELOW? CALL US FOR MORE INFORMATION!

Renew Active™
by UnitedHealthcare



Active&Fit DIRECT®

Silver&Fit Fitness Facility

One Pass™



“The Friendliest Gym Around”



SOMERSET SPORTS

AND

FITNESS

6 COMMERCE DRIVE

ROUTE 201

SKOWHEGAN, ME

04976

207-474-2224

www.rfgh.net

Membership Rates

EFFECTIVE 09/01/2024



1 DAY/CLASS - \$10

1 WEEK - \$25

1 MONTH - \$51

3 MONTH - \$147

6 MONTH - \$282

12 MONTH - \$540

SENIOR (60+ YEARS) - \$28/MONTH

VETERAN /FULL TIME STUDENT : 1 MONTH
\$40 or 2 MOS. \$70

10 VISIT PASS - \$70 (NO EXPIRE DATE)

20 VISIT PASS - \$120 (NO EXPIRE DATE)

30 VISIT PASS - \$150 (NO EXPIRE DATE)

PASS CARD BOOKLETS AVAILABLE TO SHARE

SPECIALS:

ONLINE STREAMING CLASSES ONLY: \$20/MO

ADULT/CHILD: \$40 PER PERSON/MONTH

FAMILY - (3 OR MORE FAMILY MEMBERS)
\$35/MONTH/PERSON

DUAL MEMBERSHIP: \$45 PER PERSON/MO

SSF PREFERRED - \$150 ANNUAL REGISTRATION
FEE & \$30/MONTH

SSF VISIT CARD - 100 ANNUAL VISITS FOR \$400

WORKING WITH ONE OF OUR TRAINERS?
\$40/MONTH

LOCKERS FOR RENT: \$1/DAY,

\$10/MONTH, \$25/3 MONTHS

\$40/6 MONTHS, \$65/YEAR



INCLUDED IN YOUR MEMBERSHIP:

A WIDE VARIETY OF GROUP FITNESS CLASSES

STATE OF THE ART CARDIO EQUIPMENT

FREE WEIGHTS - ROGUE BUMPER AREA

BODY MASTER WEIGHT MACHINES

SSF CYCLING CLASSES

YOGA CLASSES

BOXING AREA

STEAM ROOMS AND SAUNAS

STRETCHING SUITE WITH ELEVATED PLATFORM

IFIT INTERACTIVE BIKES

Save time and register online at:

[Somerset Sports And Fitness / Redington-Fairview](#)
[General Hospital \(rfg.net\)](#) ORr

<https://portal.gymassistnat.com/club/100/signup>

NEW! SSF AND STUDIO SWEAT ON DEMAND CLASSES STREAM!

Hundreds of classes taught by real people for real people! Workout at your own time with our SSF Instructors or find a class with Studio Sweat on Demand. All classes come with your paid membership. Stream at home or reserve our Aerobic Room!

**A WARM, FRIENDLY, AND NON-INTIMIDATING
ATMOSPHERE JUST FOR YOU!**



WANT TO WORK WITH A TRAINER??

We have a variety of Certified and Talented Trainers for you to choose if you would like that extra help towards your goals. Please check at the Front Desk for more information and the list of our current Trainers.

