



Hours of Operation

Monday through Friday:

4:30 am - 8:00 pm

Saturday and Sunday:

6:00 am - 3 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. 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 12.

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!

SCHEDULE THE AEROBIC ROOM AND TAKE ADVANTAGE OF STUDIO SWEAT FITNESS CLASSES ON DEMAND - THOUSANDS OF WORKOUTS!

CERTIFIED TRAINERS AVAILABLE!

KELLY COUGHLIN, MANAGER OF OPERATIONS

Email: kcoughlin@rfgh.net

Fax: 207-474-2272



“The Friendliest Gym Around”



**SOMERSET SPORTS
AND
FITNESS**

6 COMMERCE DRIVE

ROUTE 201

SKOWHEGAN, ME 04976

207-474-2224

www.rfgh.net

Membership Rates



1 DAY/CLASS - \$10

1 WEEK - \$22

1 MONTH - \$51

3 MONTH - \$147

6 MONTH - \$282

12 MONTH - \$540

SENIOR (60+ YEARS) - \$26/MONTH

FULL TIME STUDENT = 2 MOS. \$70

10 VISIT PASS - \$70

SPECIALS:

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

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

SSF VISIT CARD - 100 ANNUAL VISITS FOR \$400

WORKING WITH ONE OF OUR TRAINERS? \$30/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

BODY MASTER WEIGHT MACHINES

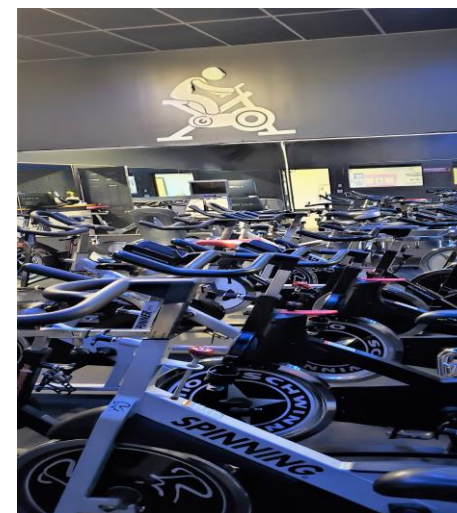
SSF CYCLING CLASSES

YOGA CLASSES

BOXING AREA

STEAM ROOMS AND SAUNAS

STRETCHING SUITE WITH ELEVATED PLATFORM



NEW! Studio Sweat On Demand

Thousands of classes at your convenience! Schedule the Aerobic Room today!

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.