

**EXERCISE FACILITIES**

<b>Ishpeming/Negaunee</b>	<b>Address/Phone</b>	<b>Hours</b>	<b>Rates</b>	<b>Facility/Equipment</b>
<b>Strength &amp; Fitness Center and Just Girls Strength &amp; Fitness (upstairs)</b>	115 S Main St Ishpeming, MI (906) 485-6291	<i>Monday, Wednesday, Friday</i> 7:00 am - 8:00 pm <i>Tuesday and Thursday</i> 9:00 am - 8:00 pm <i>Saturday</i> 9:00 am - 2:00 pm <i>Sunday</i> 12:00 pm - 5:00 pm	Daily \$5 Weekly \$15 Monthly \$32	Free weights Weight equipment Cardio equipment Nautilus equipment Bikes Treadmills Steppers Ellipticals Aerobics classes Tanning

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<b>Bell Memorial YMCA</b>	211 Iron Street Negaunee (906) 475-9666  <a href="http://www.YMCAMQT.org">www.YMCAMQT.org</a>	<i>Monday - Thursday</i> 5:30 am - 8:30 pm <i>Friday</i> 5:30 am - 7:00 pm <i>Saturday</i> 8:00 am - 2:00 pm <i>Sunday</i> 1:00 pm - 4:00 pm	<b><i>Bell Memorial-Negaunee</i></b> Youth \$12/month Individual \$26/month Family \$38/month Student \$15/month Senior Individual \$24/month Senior Family \$34/month Family Day Pass \$10 Individual Day Pass \$5  <i>Valid at YMCA in Negaunee only, but                      may be upgraded to be valid at both                      locations.</i>	Elliptical Trainers Treadmills Weight machines, barbells, dumbbells Steppers Spinning bikes Stability & medicine balls Recumbent, Upright & airdyne cycles ARC trainers  Fitness Classes--free to members or \$5 drop in per class

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<b>Shape Up Fitness Center</b>	1015 Country Lane  Ishpeming, MI 49849 (906) 486-8862	<i>Monday - Friday</i>  6:30 am - 8:00 pm <i>Saturday</i> 9:00 am - 5:00 pm <i>Sunday</i> 10:00 am - 3:00 p.m.	Individual/Couples Rates  \$5/\$10 Day \$35/\$58 Month \$92/\$152 3 Months \$178/\$295 6 Months \$340/\$565 12 Months  <a href="http://www.countryvillageresort.com">www.countryvillageresort.com</a>	Treadmills  Ellipticals Stairmasters Recumbant & Upright bikes Free Weights Nautilus Strength Equip. Locker rooms with showers Tanning