

Membership Information

St. Luke's Proctor Fitness Center

Fostering health and wellness in the Proctor area

Hours of Operation

Monday – Thursday: 5 am – 8:30 pm

Friday: 5 am – 7 pm

Saturday: 6 am – 12 pm

Membership Rates

Monthly/Annual*

\$10/\$108 student (must be over 12)

\$20/\$216 senior (over 55)

\$30/\$324 individual

\$40/\$432 couple (joint tax return)

\$50/\$540 family (parents must claim family members on tax return)

\$5 day passes for individuals (\$2 for students)

FREE to Proctor students involved in a school-sponsored sport during the season. Coach verification required.

Personal Training

Available by appointment.

1 – 2 people

\$35/person for 30 minutes

\$50/person for 60 minutes

3 – 6 people

\$25/person for 60 minutes

Fitness Classes

Classes including yoga, HIIT, Pilates and senior-specific workouts are available to members.

Physical Therapy

Provided onsite by referral from physician. To schedule an appointment call 218.249.6040.

Orientations

Includes an introduction to the center and equipment. Free to members and day pass users. Call to schedule an appointment.

Membership Payment

Payments are due on the 1st of every month. Memberships can be cancelled at any time in person or over the phone, and will take effect on the 1st of the following month.

Reimbursement Programs

St. Luke's Proctor Fitness Center participates in the following insurance reimbursement programs:

Blue Cross/BlueShield of MN

Bluelink

CCStpa

Health Partners

Medica

Preferred One

Sanford Health

Silver&Fit

Silver Sneakers

South Country Health Alliance

UCare

**10% discount for annual memberships paid in full. Non-refundable.*

Proctor High School
131 9th Avenue
Proctor, MN 55810

218.249.6296



PROCTOR FITNESS CENTER