

Looking for Instructors!!!

Do you have a suggestion on class you would like offered at the Richland #44 Wellness Center? In the past we have offered Yogo and Zumba.

Instructors are hard to find! If you have an idea on a class you would like to see offered, let us know. Or, if you have someone in mind that would be willing to teach a class, we would love to hear from them.

It could range from weight-lifting, to smart eating habits, to weight loss clubs. We would love to provide these opportunities for our patrons!

Please contact us with any suggestions!

Contact Kendra at 372-3713
Kendra.dockter@sendit.nodak.edu

Fee Schedule:

	Adults	Family
Yearly	\$150	\$250
6 Month	\$90	\$150
3 Month	\$50	\$90
Monthly	\$20	\$35

Seniors (+62)

Yearly	\$100
6 Month	\$54
3 Month	\$28
Monthly	\$10

**Richland #44 Wellness Center is also part of various health insurance reimbursement programs. To see if your policy is covered, contact your insurance provider. Or contact Kendra at the high school with any questions you may have.

Membership includes 24 hour access of the fitness facility!!

<http://richland44schooldistrict.weebly.com/>
and click on the Wellness Center tab

Give it a try! If you are interested, call 701-372-3713 for more details and get signed up today!!!



Richland #44

Wellness Center



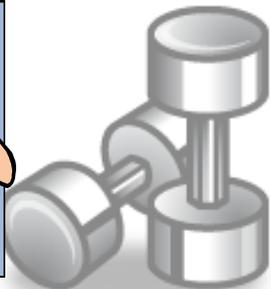
Open to the public with membership. For more information, contact Kendra at the High School:

Call: 701-372-3713
or email at
Kendra.Dockter@sendit.nodak.edu

What do you think?

We want your input!!

What would you like to see added to the fitness center? We make all efforts to make available the most beneficial equipment and machines for various age groups and abilities. If there is something specific you would like added, please contact Kendra at the high school 372-3713 and we will add to our wish lists. Each summer, as funds are available, we try to 'update' our facility with requests from our members!!



**Richland #44
Fitness Center**

Equipment:

- Treadmills
- Ellipticals
- Recumbent Bike
- Rowing Machines
- Free Weights
- Various Weight Machines



Amenities:

- Cable Television
- Water Machine
- Locker rooms with Showers
- Mirrored Walls
- 24 hour access
- Health Insurance

Reimbursement

