



Fitness Centers

Anytime Fitness **218-326-4446** **1200 S. Pokegama Ave. Grand Rapids, MN**
www.anytimefitness.com

Membership benefits include 24-hour access to any Anytime Fitness clubs, state-of-the-art fitness equipment, and access to service professionals during staffed service hours.

Ball Club Fitness Room **218-246-8394** **RR 1 Box 79, Deer River, MN 56636**

Curves *for women* **218-327-4085** **1001 S Pokegama Ave., Grand Rapids, MN**
www.curves.com

Membership benefits include a 30-minute workout routine, commonsense weight loss techniques, and support to help women reach their goals. Curves is “the first fitness and weight loss facility dedicated to providing affordable, one-stop exercise and nutritional information for women.”

Deer River High School **218-246-8241** **101 1st Ave. NE, Deer River, MN 56636**

Work out in the well-equipped Deer River Fitness Center located in the Deer River High School. Limited hours: 6:30-8:00am and 3:30-6:00pm.

Itasca Co. Family YMCA **218-327-1161** **400 River Road, Grand Rapids, MN 55744**
www.ymcaitasca.org

Membership benefits include health and fitness center, swimming pool with family sauna, fitness and water exercise classes, indoor and outdoor walking/running tracks, racquetball courts, gymnasium, use of racquetball, basketball, and weightlifting equipment, free babysitting (during designated hours), reduced fees on swim lessons, youth sports and racquetball lessons.

Marcell Family Center **218-832-3444** **49103 State Hwy 38, Marcell, MN 56657**
www.edgeofthewilderness.org/mfc.htm

The Marcell Family Center offers a fitness and wellness center, recreation classes, gymnasium, community education programs, youth programs, and a computer center.