



SMC Fitness Center Facts

Location: 31285 Hwy 44, Suite E Shingletown (530) 474-1101

Hours: Monday – Friday from 9:00 – 5:30

No one under the age of 10 allowed

No one under the age of 18 allowed *without an adult*

Proper fitness attire must be worn including shirts and sneakers

Consult your physician before using any equipment

Service dogs only allowed in the fitness center

- Fees

- Regular monthly subscription \$20 for first user/\$30 for two (2) users/\$5 per additional *immediate* family member
- Low income, Veterans or Seniors monthly subscription \$10 for first user/\$20 for two (2) users/\$3 per additional immediate family member
- Each first user will be entitled to one (1) visitor pass for one (1) visit monthly
- Additional visitor passes will be \$3 per day
- Monthly fees will include SMC Wellness Programs

