

VETERANS MEMORIAL COMMUNITY CENTER



FITNESS CENTER 2026

Our state-of-the-art fitness center has what you need to get in shape and stay active all year. To view a complete list of our equipment, classes and amenities, and to register for programs or an orientation, go to ighmn.gov/Fitness or scan the QR code.



Initial Fitness Center Orientation

Let us help you maximize your membership benefits!

Free for new VMCC members · \$35 for 10 time pass holders

Spend 30-50 minutes learning about any of the following:

- How to use and set up cardio & strength machines
- Drop-in group fitness classes and how to reserve your spot
- Specialty fitness classes that fit your workout goals
- Personal training and Nutrition coaching offerings
- How to use the AudioFetch app to listen to the TVs in the fitness center



Teen Fitness Center Orientation

For members only ages 12-17 (Free)

Teen VMCC members can use the fitness center once they complete an orientation with our staff:

- Learn gym etiquette and proper form
- VMCC members ages 12-14 will receive and must wear a green wristband while using the fitness center



NOTE: Youth 11 & under are not allowed to use the equipment unless it is part of a specialty class.

Personal Training Orientation

This will be your initial one on one session with a personal trainer.

Fee: \$40 member, \$50 non-member Code: FP-PTO26

During this 30-minute assessment:

- Learn what exercises may be most effective and how to implement them into your life to reach your goals.
- Discuss next steps in reaching your goals.
- Gain expert guidance on advancing your workouts, adding variety, and maintaining long-term progress.



12/30/2025



Group Fitness Classes

The VMCC fitness center offers 45+ weekly drop-in group classes for all fitness levels. View class schedule and make a reservation at: ighmn.gov/GroupFitness



- Drop-in classes are included with a membership or daily admission.
- Classes open to ages 12 and older.
- Space is limited; reservations are recommended.
- Silver Sneakers® Classic and Yoga are held in the National Guard Gymnasium

CARDIOVASCULAR CLASSES	DESCRIPTION	
Cardio Sculpt	Full body workout with intervals of cardio and strength	HI
Cycle	Climb hills, sprint and do intervals on a stationary bike to music	HI
Drum Core	Unleash your inner beat! Strengthen your core, improve your leg endurance and tone your arms in this fun class	JF
HIIT (High Intensity Interval Training)	High intensity cardio and strength interval training	HI
STEP	Moderate to high impact face-paced step class	HI
STRONG Nation®	Combines body weight, muscle conditioning, cardio and plyometric training moves synced to original music	HI
Zumba®	High-energy dance workouts that combine Latin and international music	

MIND & BODY CLASSES	DESCRIPTION	
Pilates	A primary mat/floor based workout to improve core muscles, flexibility and posture	
Silver Sneakers® Yoga	Simple and safe yoga exercises performed standing or with a chair	
Tai Chi	Practice Tai Chi for Fall Prevention, Diabetes and Sun 73	JF
Yoga Fitness I	This yoga class includes basic Vinyasa flows with more time to move in and out of poses and more time spent on flexibility and range of motion	JF
Yoga Fitness II	Vinyasa flow class to challenge your core, strength and balance, experience in Yoga Fitness I helpful	
Yoga Fusion	A flowing combination of pilates and yoga. Prior yoga experience helpful.	

AQUATIC FITNESS CLASSES	DESCRIPTION	
Aqua Exercise	Low-impact cardio workout in three to seven feet of water	JF
Aqua Zumba®	Low-impact Zumba® themed cardio workout in three to five feet of water	JF
Deep Water Exercise	No-impact water workout in 10–13 feet of water with floatation belt	JF
Joints in the Pool	Gentle range of motion exercises in three feet of water	JF
Silver Splash®	Low-impact water workout for strength and range of motion in three to five feet of water	JF

STRENGTH CLASSES	DESCRIPTION
Barre Fusion	Sculpt arms, legs, glutes and abs using pilates and ballet barre methods
Muscle Mix	Resistance training using bands, balls, weights and barbells
Body Blast	Full body strength workout using barbells timed to music
Sculpt & Stretch	This is a total body toning class using various equipment while incorporating overall focus on improved mobility. Must be able to get down and up off the floor.
Silver Sneakers® Classic	Cardio and strength exercise using bands, balls and weights with chair support

Fitness Attendant Hours

Fitness attendants are available to answer your questions and keep the fitness floor clean and safe. *Hours are subject to change.*

- Monday–Thursday: 7 a.m.–8 p.m.
- Friday: 7 a.m.–5 p.m.
- Saturday: 7 a.m.–noon