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Schedules?
 Current schedules for the **Fitness Center** can be found at our website and are posted above the water fountain.
 www.alden-conger.org

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If you notice one our monitors not working or would like to see Your AD Here please,
Call Us
815-872-5040

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Free WiFi
"PUBLIC"
 Please take advantage of our free **WiFi** while you use the **Fitness Center**.

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Attention Knights Athletes:
 You may be here without a membership
ONLY if you are supervised by your coach.

22.jpg

NASINEC
 Funeral Home & Crematory
 Owners, Susan and Nathan Nasinec
 Please check our obituaries at <https://nasinecfh.com/obituaries/> or email: info@nasinecfh.com
 789 Business Park Drive • Wells, MN 56097 • 507-553-3124

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Follow us on Social Media
 Check for facility updates
 Search for **"LeVerne Carlson Fitness Center"**

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Please Pick Up!
 A neat gym is a safe gym

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The LCFC is a Silver & Fit® participating fitness facility
Silver&Fit
 Exercise & Healthy Aging Program
 Silver and Fit is a registered trademark of **American Specialty Health Incorporated**

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All Members:
 Please scan your fob each time you visit

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Fitness Center is Reserved for Members Only

Age 8th Grade and Younger are not allowed into the Fitness Center without the direct supervision of a parent or legal guardian.

Age 6th Grade and Younger are prohibited from entering the weight room and using all cardio equipment.

Failure to observe these rules may result in loss of Membership

Thank you for your cooperation!



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Member Portal

- Update payment method
- View payment and check-in history

Check your email for instructions to set up your account at gymbusinessmanager.com



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Want to OWN this Ad Space?

Call Us
815-872-5040



Together we will grow your business!

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