

NEW at



Infrared Dry Sauna

Infrared Therapy Health Benefits Include:

- Detoxification
- Pain Relief
- Weight Loss
- Lower Blood Pressure
- Improve Circulation
- Skin Purification
- And of course, Relaxation!

***Come in and warm up, relax, and enjoy the benefits
of infrared therapy right here in New Rockford!***

Sauna use is reserved for members of Rockin' Fitness, including anyone using a day pass or week pass to the gym. Pricing information for sauna use is available online and posted inside the gym. Gym members (annual or month-to-month) are eligible to sign up for 24-hour unlimited sauna access. Without unlimited access pass sauna use is limited to regular staffed hours at Rockin' Fitness. Please call or stop in for details.

**For more information, stop in at the gym (803 1st Ave N), call 947-2830
or visit www.cityofnewrockford.com/fitness**