

## Who We Are

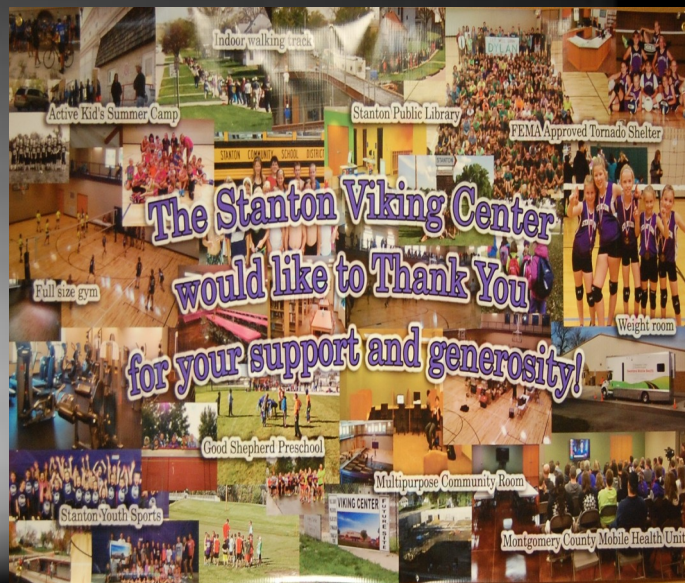
### Welcome to the Stanton Viking Center – Stanton, IA!

The Stanton Viking Center, in Stanton Iowa, is a non-profit wellness center that has a gymnasium, exercise rooms, locker rooms, a walking track, library, and preschool.

Additionally, the Viking Center has a storm shelter/community room, which is constructed to FEMA 361 guidance to withstand 250 MPH winds. We, at the Viking Center, are dedicated to serving our community as a whole by promoting health and wellness amenities.

### *Our Mission:*

*"Our mission at the Stanton Viking Center is to help serve the citizens of Stanton and Montgomery County as a whole with our passion for community, wellness, recreation, and education."*



## Contact Us

**Facility Director:**  
Justin Miller

**Hours of Operation:**  
5:00am-10:00pm

**Viking Center**  
501 Elliott St.  
Stanton, IA

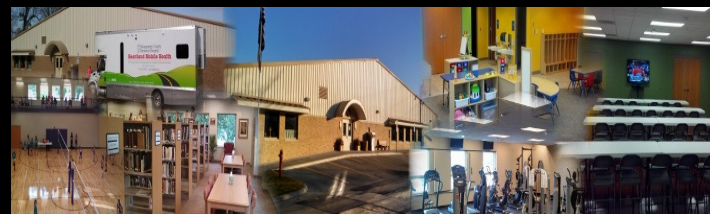
(712) 829-2900  
vikingcenter@myfmtc.com

Visit us on the web:  
[www.stantonvikingcenter.com](http://www.stantonvikingcenter.com)

# VIKING CENTER

- FITNESS CENTER—
- GYMNASIUM—
- WALKING TRACK—
- COMMUNITY ROOM WITH KITCHEN—
- FEMA APPROVED TORNADO SHELTER—
- STANTON PUBLIC LIBRARY—
- GOOD SHEPHERD PRE-SCHOOL—

## Facility and Membership Information



**Like Stanton Friends  
on Facebook!**

## What We Offer

The Viking Center is proud to offer a spacious fitness studio, indoor walking track, regulation basketball court, various cardio equipment and weightlifting machines, free weights, and a locker room in the wellness area. With a capacity of 80 people, the Viking Room is our multipurpose room that provides a space for many events, health clinics, meetings and classes.

- Fitness Classes:
  - Tai Chi, Pi-Yo, Turbo Kick, Yoga
- Adult Leagues:
  - Men's Basketball, Co-Ed Volleyball
- Youth Programs (PreK-6th Grade):
  - Basketball, Baseball, Softball, Flag Football, Volleyball, Day Camps
- Community Programs:
  - Montgomery County Memorial Hospital Mobile Health Unit, Health and Wellness Seminars, Blood Drives



Lil' Vikes Basketball Program 2016

## Rentals

- Gymnasium
  - Full Court- \$100/hr
  - Half Court- \$50/hr
- Viking Room
  - \$50/4hrs
- Lockers
  - \$75/yr
  - \$6.25/month\*

\*Added to your monthly bank draft membership



Stanton Homecoming 2015

## Annual Memberships

Type:	\$/Year	Monthly Bank Draft
Family*	\$365.00	\$30.42
Couple	\$235.00	\$19.59
Single	\$185.00	\$15.42
Student*	\$135.00	\$11.25
College Student	\$65.00	\$5.62

\*Includes Youth Sports

Non-Member Daily Rates:  
Adults-\$8.00 Children-\$5.00



*Get Fit*

*Be Healthy*

*Live Well*