

# MEMBERSHIP INFO & FEES

## HOURS OF OPERATION

**MON - THUR** 6:00AM – 8:30PM  
**FRI** 6:00AM – 7:30PM  
**SAT & SUN** 8:00AM – 4:00PM



## AN INCLUSIVE CENTER FOR HEALTH, SPORT & POST-REHAB Membership Info & Fees

	Initiation	Monthly
<b>Membership</b>	\$125	\$80
<b>Family Special</b>	\$125	\$105

*Initiation fee - includes a fitness assessment and 2 personal training sessions.*

*Membership - Also includes use of all spinning and aerobic classes.*

*Guest fee - \$20 per visit*

	Initiation	First Family Member	Spouse/Family
<b>Age 62 and over</b>	\$125	\$50	\$80

## PERSONAL TRAINING

	12 Sessions	1 Hour Session	½ Hour Session
<b>Member</b>	\$720	\$65	\$45
<b>Duet Session</b>	\$480	\$45	\$30

## GOLF FITNESS

		Non-Member
<b>Basic Package</b>	\$200 - Assessment	\$225
<b>Jump Start Package</b>	\$300 - Assessment (+) 3 golf fitness sessions	\$360
<b>Elite Package</b>	\$1,000 - Assessment (+) 18 golf fitness sessions	\$1,150

*Add swing analysis to any package for \$40*

## MASSAGE THERAPY

	6 Session	1 Hour Session	½ Hour Session
<b>Member</b>	\$480	\$85	\$50
<b>Non-member</b>	\$510	\$90	\$55

## PILATES

	8 Session	1 Hour Session	½ Hour Session
<b>Member</b>	\$520	\$70	\$45
<b>Non-member</b>	\$560	\$75	\$50

*Apparatus - 1 on 1 sessions*

	8 Session	1 Hour Session
<b>Member</b>	\$360	\$45
<b>Non-member</b>	\$400	\$50

*Reformer - Duets (per person)*

## WEIGHT MANAGEMENT

	12 Session	½ Hour Session
<b>Member</b>	\$540	\$50

*\*Begin with a free initial consultation*