

Wellness Center Fees

Basic Memberships - Does Not Include Group Fitness Classes

	1 month	3 months	6 months
<i>Grant Qualified* and Corporate Rate</i>	\$17	\$25	\$70
<i>55+ and Active Military</i>	\$20	\$40	\$80
<i>General</i>	\$25	\$50	\$100

Enhanced Memberships - Group Fitness Classes Included

	1 month	3 months	6 months
<i>Grant Qualified* and Corporate Rate</i>	\$30	\$60	\$120
<i>Household Membership (2 people)</i>	\$50	\$115	\$185
<i>Household Membership (3 people)</i>	\$75	\$140	\$210
<i>Household Membership (4 people)</i>	\$100	\$165	\$235

Group Fitness Classes - Member

Daily Drop In	\$3
8 Class Punch Card	\$20
16 Class Punch Card	\$35

Group Fitness Classes - Non-Member

Daily Drop In	\$5
8 Class Punch Card	\$25
16 Class Punch Card	\$45

Personal Training

	60 mins	30 mins
<i>Grant Qualified* and Corporate Rate</i>	\$25	
<i>General Participants</i>	\$60	\$30

*Grant Qualified - American Indians/Alaskan Natives over the age of 18 enrolled in a Federally Recognized Tribe

Health Education Class Fees

Living Lean is a 10 Class series designed to help you learn how to incorporate Precision Nutrition's 10 Simple Health Habits for Fat Loss into your daily life. Lessons are based on scientifically supported studies of habit information and behavior change. Topics include: "Exercise is Medicine", "Importance of Sleep", and " Food Relationships". Participants are eligible to receive program incentives and Precision Nutrition Level 1 Coaching Lessons.

Living Lean - Adult Weight Loss Program 10 Classes	Class Fee	Group Fitness	Wellness Center	Pre/Post Fitness Evaluation	Personal Training
<i>Grant Qualified</i>	\$50	Yes	Yes	Yes - with Referral	Unlimited
<i>Corporate Rate</i>	\$35	No	No	Yes - with Referral	\$25/session
<i>Community Members</i>	\$50	No	No	Yes - with Referral	\$60/session

Lifestyle Balance is a carefully designed program proven to prevent or delay the onset of Type 2 Diabetes. Combined with personal training sessions with an ACSM Certified Fitness Specialist; it includes Health, Nutrition, Fitness and Lifestyle Education! Complimentary access to the Wellness Center is offered at no cost throughout the duration of the 16 week program. We are committed to helping you fight, and win the battle over Diabetes. To be eligible, participants must be 18 years or older and are encouraged to submit most recent lab work.

Lifestyle Balance - Diabetes Prevention Program - 16 Classes	Class Fee	Group Fitness	Wellness Center	Pre/Post Fitness Evaluation	Personal Training
<i>Grant Qualified</i>	No Cost	Yes	Yes	Required	Unlimited
<i>Corporate Rate (payment plan available)</i>	\$168	No	Yes	Yes - with Referral	\$25/session
<i>Community Members (payment plan available)</i>	\$240	No	Yes	Yes - with Referral	\$60/session

How to Enroll in a class:

Contact a member of the Health Promotion Program
 Speak to your medical provider about a referral

Required Documents:

Class Registration Form
 PAR-Q - Physical Activity Questionnaire
 PHQ - 9

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