

Health*Styles* Health and Wellness

Membership Prices and Information

248.486.2582

Mon - Fri 5am - 9pm

Sat & Sun 7am - 3pm (September 1 - May 31)

Sat & Sun 6am - 12pm (June 1 - August 31)

www.healthstylesrehab.com

Individual Membership

\$100 one time initial sign-up fee

\$390 per Year (\$32.50/month with *EFT, \$78/year savings compared to Quarterly option)

\$117 per Quarter

Family Membership

\$100 one time initial sign-up fee

\$650 per Year (\$54.17/month with *EFT, \$146/year savings compared to Quarterly option)

\$199 per Quarter

Pool Membership: No fitness center privileges. Allows you to take unlimited pool classes.

Must have Doctor referral.

\$290 per Year (\$24.17/month with *EFT, \$110/year savings compared to Quarterly option)

\$100 per Quarter

Pool /Fitness Membership: Full fitness center privileges plus unlimited pool classes!

Must have Doctor referral.

\$100 one time sign-up fee

\$600 per Year (\$50/month with *EFT, \$200/year savings compared to Quarterly option)

\$200 per Quarter

Drop in pool classes: \$10 Must have Doctor referral.

Fitness Class Membership: Unlimited Fitness Classes!

\$39 Monthly, requires Electronic Funds Transfer agreement

\$125 Quarterly Membership

\$240 Six-Month Membership

\$480 Yearly Membership

Fitness Class Card: \$75 per card for non-members, \$35 per card for members.

Entitles you to 10 classes.

Drop in fitness classes: \$10 per class for drop-in non-members, \$5 for Members

All Fitness Memberships (Excludes class and pool memberships) include:

- An initial fitness assessment that includes goal assessment, nutritional assessment, body fat analysis, equipment orientation, and an individualized exercise program.
- 2 re-assessment sessions to help ensure you reach your goals and stay motivated.

Personal Training Packages: Ongoing instruction and motivation! Ask for details!

Weight Loss Program: 12-Week Program. Ask for details!

Sports Performance Programs: Improve your performance on the field, court or, ice.

Corporate Wellness Packages Now Available! Please see staff for details.

Senior Discount (55+): 10%

Chamber of Commerce Member Discount: 5%

*EFT – Optional Electronic Funds Transfer agreement from Checking account or Credit Card.

(Revised 1-1-08)