

Try us for **FREE**

STEP 1 Give Us a Try (Full Access)

Amenities:

- * Pool (lap swim and a variety of group exercise water classes)
- * Group exercise classes (Body Pump, Zumba, Yoga, Stretch, and many more)
- * Consult with medical and fitness professionals
 - Certified personal trainers
 - Exercise physiologists
 - Registered dietitians
 - Physical therapists
 - Certified athletic trainers

STEP 2 Join During Your Free Trial Period for Savings and New Options *(Offer ends Sept. 30, 2016)*

***50% off Joining Fees**

*New Member Joining Options (Choose One)

- Assessment and orientation *(Get your baseline, body fat %, and be oriented to equipment – great for beginners)*
- 2 One on One Personal training sessions *(30 mins/session)*
- Nutritional Boot Camp class with registered dietitian
- One on One Nutritional consult with registered dietitian – *60 mins*
- MedGem with registered dietitian *(Learn the importance of knowing your Basic Metabolic Rate) 30 mins*
- Fitness Boot Camp class with certified trainer
- Swedish Massage – *60 mins*

***Get a Free Month** – Join during the Free Trial and get the month of November for “Free”

Locations:

Medical Mall | Jones Valley | Madison

256-265-WELL

[Facebook.com/WellnessCtr](https://www.facebook.com/WellnessCtr)

**some exclusions may apply*

