

To schedule a fitness assessment, personal training session, register for one of our classes, or find out more about our programs please call.



**740.393.9875**

**Jason Mentzer – Wellness Coordinator**

BS, ACSM CES, CSCS

**Lindsey Brokaw**

BS, ACSM HFS, Exercise Physiologist

**Derek Morey**

BA, Exercise Physiologist

**Center Membership**

**Fitness Center Membership**

Our Fitness Center offers a variety of equipment for cardiovascular exercise along with strength training. In order to assure your safety, we will conduct a personalized fitness assessment, which will allow us to develop a fitness program that's right for you!

Current Members	3-Month	1-Year
Single Membership .....	\$ 95.00	\$300.00
Married Couple Membership .....	\$150.00	\$450.00
Family Membership .....	\$195.00	\$550.00
College/Youth Membership .....	\$60.00	\$175.00

**New Fitness Member Packages**

Includes Membership plus a Fitness Assessment & Orientation (2 appts.) with an Exercise Physiologist.

	3-Month	1-Year
Single Membership	\$135.00	\$340.00
Married Couple Membership	\$230.00	\$530.00
Family Membership: Current Member price plus: \$40 per family member (Includes Fitness Assessment & Orientation)		
College/Youth Membership	\$80.00	\$195.00

**Other Services**

We offer many other services including:

- Fitness Assessment & Orientation (2-APPTS.) ..... \$40.00
- Body Composition Assessment (REQUIRES 4-HR FASTING) ..... \$10.00
- Consultation with Exercise Physiologist (30-MIN)..... \$20.00
- Personal Training:
  - SINGLE 1-HOUR ..... \$35.00
  - SINGLE 10+ SESSIONS (\$30/SESSION) .... \$30.00
  - COUPLE 1-HOUR ..... \$45.00

**Exercise Classes** Available only at Mt. Vernon location.

**Arthritis Foundation Aquatics Program**

\$25.00/\$13.00 for members

1-month program, meets 2-days per week\*

\$38/\$19.00 for members

1-month program, meets 3-days per week\*

The Arthritis Foundation Aquatics Program for adults is a recreational exercise program in warm water, designed to accommodate the abilities of individuals with arthritis and other related musculoskeletal conditions (each person exercises at his/her own pace). This program is taught in a group setting with activities/exercises to encourage self-care, provide social interaction, as well as improve muscle strength, endurance and flexibility.

**Arthritis Foundation Tai Chi ... 6-week program\* \$25.00**  
**... Members \$13.00**

Tai Chi is an ancient form of slow, graceful and rhythmic exercise. Tai Chi has been variously described as a system of health, medicine, physical coordination, relaxation, and self-defense. This class is designed to improve balance and flexibility. The exercise form is suitable for persons of all ages and all levels of physical fitness.

**Get Up & Go ... 1-month program\* \$25.00**  
**... Members \$13.00**

Designed to help older adults improve balance and prevent falls by increasing muscle strength, motor skills, coordination, flexibility, and posture awareness.

**Functional Fitness ... 1-month program\* \$20.00**  
**... Members \$10.00**

Designed to help individuals with poor mobility and/or a low fitness level improve balance and prevent falls by increasing muscle strength, motor skills, coordination, flexibility and postural awareness.

**Pathway to Change \$150/\$100 for members**

Pathway to Change is a program to help decrease modifiable risk factors by weight reduction through education and support. Lectures will be presented by dietitians, RNs and exercise physiologists. If interested, contact Jason Mentzer, Wellness Coordinator.

**Fitness to Golf Program \$275/\$195 for members**

Feeling stiff and don't have the ability to swing through the ball? Do you feel worn out after a round of golf? Do you want to hit the ball farther? Try our Fitness to Golf Program. We can help you improve your game through a personalized assessment of your body mechanics through the four main phases of the golf swing.

\* Due the first of the month.

**2011 Schedule (Mt. Vernon Location)**

Class	Monday	Tuesday	Wednesday	Thursday	Friday
Centerburg Fitness Center	5 am - 9 am	5 am - 9 am	5 am - 9 am	5 am - 9 am	5 am - 9 am
Saturday Hours: 8 am - 11 am	5 pm - 8 pm	5 pm - 8 pm	5 pm - 8 pm	5 pm - 8 pm	5 pm - 8 pm
Mount Vernon Fitness Center	6:30 am - 9:45 am 3 pm - 7 pm	6:30 am - 9:45 am 3 pm - 7 pm	6:30 am - 9:45 am 3 pm - 7 pm	6:30 am - 9:45 am 3 pm - 7 pm	6:30 am - 9:45 am 3 pm - 7 pm
Arthritis Foundation Aquatics Program	11:30 am - 12:30 pm 5 pm - 6 pm	9:30 am - 10:30 am 11:30 am - 12:30 am	11:30 am - 12:30 pm 5 pm - 6 pm	9:30 am - 10:30 am 11:30 am - 12:30 am	11:30 am - 12:30 pm 5 pm - 6 pm
Arthritis Foundation-Tai Chi	Please call 740.393.9875 for dates and times.				
Get Up & Go	10 am - 11 am		10 am - 11 am		10 am - 11 am
Functional Fitness		10 am - 10:45 am		10 am - 10:45 am	