



WELLNESS CONNECTION

HOURS OF OPERATION

Monday - Thursday: 5:30 a.m. - 9:00 p.m.

Friday: 5:30 a.m. - 7:00 p.m.

Saturday & Sunday: 6:00 a.m. - 6:00 p.m.

MENU OF SERVICES

Orientation fee: \$79

Monthly fees: Introductory rate \$25/month

Basic Group Exercise Class 6 week series:
\$30 participant/\$40 community member or
\$5 for walk in single session

Premier Group Exercise Class 6 week series:
\$40 participant/\$50 community member or
\$10 for walk in single session

Cooking Demonstrations: \$3/person/class

Massage Therapy

30 minute massage: \$40

60 minute massage: \$60

90 minute or specialty 60 minute: \$90

20 minute chair massage: \$20

30 minute chair massage: \$30

**Personal Training/Wellness Coaching/
Weight Loss Coaching**

\$45/hour

\$240/6-pack of sessions