



Wellness

Schedule of Rates
Effective July 1, 2021

Membership Options	Fees	Included in Membership
Basic Monthly Membership ⁽¹⁾	\$50/ month*	Use of Pool and Strength Training Studio and all Basic classes including Yoga and Tai Chi
Health Insurance Membership <ul style="list-style-type: none"> ● SilverSneakers ● Prime ● Fitness Your Way ● Silver & Fit 	No monthly fee for participating insurance companies only. Some insurance companies may require you to pay for a membership and receive reimbursement from them.	Use of Pool and Strength Training Studio and all Basic classes including Yoga and Tai Chi
Robust Membership-Messiah Village Resident/Team Member	\$30/ month	Includes Basic Monthly Membership plus two 30-minute personal training sessions per month, access to all Robust labeled classes (more challenging classes), such as kickboxing, Drums Alive and boot camp
Robust Membership-Community Member with SilverSneakers or Silver & Fit	\$30/ month	Includes Basic Monthly Membership plus two 30-minute personal training sessions per month, and access to all Robust labeled classes (more challenging classes), such as kickboxing, Drums Alive and boot camp
Robust Membership-Community Member	\$80/ month	Includes Basic Monthly Membership plus two 30-minute personal training sessions per month, and access to all Robust labeled classes (more challenging classes), such as kickboxing, Drums Alive and boot camp

⁽¹⁾ All new Community Members are required to pay a one-time (access key) fob fee of \$30.

*There is no fee for *Basic Monthly Membership* for Messiah Village residents and Messiah Lifeways team members.

Personal Training

Length	Fee	Discount Packages
30 minutes	\$30	Five 30-minute sessions - \$135 Ten 30-minute sessions - \$250
45 minutes	\$45	Five 45-minute sessions - \$210 Ten 45-minute sessions - \$400