

## MEMBERSHIP OPTIONS\*

<b>Basic Monthly Membership**</b> Includes use of Pool and Strength Training Studio and access to basic fitness, virtual, and aquatic classes (including Yoga and SilverSneakers).	\$51
<b>Health Insurance Membership</b> Includes use of Pool and Strength Training Studio and access to basic fitness, virtual, and aquatic classes (including Yoga and SilverSneakers).  Programs through participating insurance companies: <ul style="list-style-type: none"> <li>SilverSneakers®</li> <li>Prime<sup>SM</sup></li> <li>Fitness Your Way®</li> <li>Active &amp; Fit<sup>TM</sup></li> <li>Renew Active</li> <li>Silver &amp; Fit®</li> </ul>	\$0
<b>Robust Class Upgrade</b> This monthly fee is an add-on to your basic monthly membership or health insurance membership and includes access to additional, more challenging specialized classes.	\$15

\* All new community members are required to pay a one-time fob fee of \$30. This fee is refunded when the fob is returned.

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

## PERSONAL TRAINING OR NUTRITION CONSULTATION FEES

30-minute session	\$40
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## INDIVIDUAL PERSONAL TRAINING PACKAGES

One 30-minute session per week for four weeks	\$150
Two 30-minute sessions per week for four weeks	\$280

## GROUP PERSONAL TRAINING PACKAGES

One 45-minute session per week for four weeks	\$140 per person
Two 45-minute sessions per week for four weeks	\$240 per person

**FITNESS DEVELOPMENT PROGRAM**

One month	\$200
Two months	\$250
Three months	\$300

**GUEST RATES**

Resident guest rate per day	\$5
Community guest rate per day	\$10