



# Messiah Lifeways® Wellness

Effective July 1, 2026

| MEMBERSHIP OPTIONS  | COMMUNITY FEE | RESIDENT/ TEAM MEMBER FEE |
|---|---------------|---------------------------|
| <b>Basic Monthly Membership</b><br>Includes use of Strength Training Studio and pool, as well as access to basic fitness and aquatic classes. Now includes the maintenance fee. | \$37          | FREE                      |
| <b>Robust Class Upgrade</b><br>This monthly fee is an add-on to your basic monthly membership and includes access to additional, more challenging specialized classes.          | \$17          | \$15                      |
| <b>One-Day Pass</b><br>One-day access to Wellness facilities and classes for non-members wanting to try the Wellness Center.  | \$15          | N/A                       |

## MEMBERSHIP FEES

|                     |      |      |
|---------------------|------|------|
| Enrollment Fee      | \$26 | FREE |
| Fob Replacement Fee | \$15 | \$15 |
| Guest Rate Per Day  | \$10 | \$9  |



**FEE-FOR-SERVICE OFFERINGS****COMMUNITY  
FEE****RESIDENT/  
TEAM  
MEMBER FEE****INDIVIDUAL PERSONAL TRAINING PACKAGES**

|                                    |       |          |
|------------------------------------|-------|----------|
| 30-minute Post-orientation Session | \$32  | \$28     |
| One 30-minute Session              | \$42  | \$36     |
| Four 30-minute Sessions            | \$157 | \$134    |
| Eight 30-minute Sessions           | \$292 | \$249    |
| One 60-minute Session              | \$84  | \$71.50  |
| Four 60-minute Sessions            | \$314 | \$267    |
| Eight 60-minute Sessions           | \$584 | \$496.50 |

**KARATE/TAI CHI**

|                                  |      |      |
|----------------------------------|------|------|
| 30-minute Karate/Tai Chi Session | \$42 | \$36 |
|----------------------------------|------|------|

**AQUATIC SERVICES**

|  |       |       |
|--|-------|-------|
| One 30-minute Swim Lesson              | \$42  | \$36  |
| Four 30-minute Swim Lessons            | \$157 | \$134 |
| Eight 30-minute Swim/Training Sessions | \$292 | \$249 |

**NUTRITION**

|                                  |      |      |
|----------------------------------|------|------|
| 30-minute Nutrition Consultation | \$42 | \$36 |
|----------------------------------|------|------|

\*All volunteers receive the resident/team member fee-for-service rates.