



WELLNESS PROGRAM

Discover a new level of fitness in addition to the classes. Workout independently in a safe environment with oversight from a wonderful staff of physical therapists. Two locations: 810 Arcturus (only facility with a pool) and 115 Fontaine Blvd.

Package Price per Month

\$32 (4 sessions)	\$48 (8 sessions)
\$42 (6 sessions)	\$60 (12 sessions)
\$10 (drop in)	

Land Wellness Hours

Monday	Tuesday	Wednesday	Thursday	Friday
8:00 - 6:00	7:00 - 6:00	CLOSED	8:00 - 6:00	7:00 - 6:00

Pool Wellness Hours

Monday	Tuesday	Wednesday	Thursday	Friday
7:00-11:30 1:00-5:00	7:00-11:30 1:00-5:00	CLOSED	7:00-11:30 1:00-5:00	7:00-11:30 1:00-5:00

As of 11/1/2018