

## MEMBERSHIP OPTIONS\*

<p><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).</p>	\$51
<p><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).</p> <p>Programs through participating insurance companies:</p> <ul style="list-style-type: none"> <li>• SilverSneakers®</li> <li>• Prime<sup>SM</sup></li> <li>• Fitness Your Way®</li> <li>• Active &amp; Fit™</li> <li>• Renew Active</li> <li>• Silver &amp; Fit®</li> </ul>	\$0
<p><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.</p>	\$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