



Messiah Lifeways® Wellness

Effective January 1, 2025

MEMBERSHIP OPTIONS	COMMUNITY FEE	RESIDENT/ TEAM MEMBER FEE
Basic Monthly Membership Includes use of Strength Training Studio and pool, as well as access to basic fitness and aquatic classes	\$32	FREE
Robust Class Upgrade This monthly fee is an add-on to your basic monthly membership and includes access to additional, more challenging specialized classes.	\$15	\$13

MEMBERSHIP FEES

Enrollment fee	\$25	FREE
Annual maintenance fee	\$49	FREE
Fob replacement fee	\$10	\$10
Guest rate per day	\$8	\$7



FEE-FOR-SERVICE OFFERINGS

COMMUNITY
FEE

RESIDENT/
TEAM
MEMBER FEE

INDIVIDUAL PERSONAL TRAINING PACKAGES

30-minute post-orientation session	\$30	\$25.50
One 30-minute session	\$40	\$34
Four 30-minute sessions	\$150	\$127.50
Eight 30-minute sessions	\$280	\$238

GROUP PERSONAL TRAINING PACKAGES

*Minimum of three participants required

One 45-minute session per week for four weeks	\$100/person	\$85/person
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AQUATIC SERVICES

One 30-minute aqua personal training session	\$40	\$34
One 30-minute swim lessons	\$40	\$34
Four 30-minute swim lessons	\$150	\$127.50

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