



EMPLOYEE HEALTH FITNESS MEMBERSHIP

Great River Health Employees

Employees may enroll in Health Fitness for free. You do have to make an appointment to register and receive an active membership card prior to using the facilities.

There is no enrollment fee.

Employee +1

An employee may add one person who lives at the same address. The employee must be a member for the +1 to have a membership.

The Employee +1 fee is \$22 per month.

Employee + Family

An employee may add their family who lives at the same address. The employee must be a member.

The Family is \$22 per month for the first family member + \$10 per month for each additional family member.

- Your membership is good at Health Fitness, West Burlington and at the Fort Madison campus facility.
- Bank draft and credit card payment options are available. You can sign up at the Health Fitness desk at any of the locations.
- Membership ends automatically when Great River Health employment ends. You can terminate your membership by notifying Health Fitness by the 20th of any month.
- Use the main level entrance to the Wellness Gym on the West Burlington Campus and scan your card every time. Scan your badge and enter through the main Rehabilitation entrance on the Fort Madison campus. Keep your card with you because staff will check membership.
- A monthly membership is not required to purchase personal training and Pilates Reformer sessions. Prices are listed on back.
- Great River Health wants you to be healthy, and we hope you will take advantage of this benefit!

Start your Health Fitness journey by calling 4191 (319-768-4191) today!

SPECIALTY PROGRAMS



All sessions expire one month after the purchase date.

Personal Training

ONE-ON-ONE SESSIONS

4 Sessions	\$180
8 Sessions	\$320
12 Sessions	\$480
16 Sessions	\$640
20 Sessions	\$800

GROUP TRAINING

<i>Group of 2 (Pricing per individual)</i>		<i>Group of 3 (Pricing per individual)</i>	
4 Sessions	\$120	4 Sessions	\$100
8 Sessions	\$200	8 Sessions	\$160
12 Sessions	\$300	12 Sessions	\$240
16 Sessions	\$400	16 Sessions	\$320
20 Sessions	\$500	20 Sessions	\$400
<i>Group of 4 (Pricing per individual)</i>		<i>Group of 5 (Pricing per individual)</i>	
4 Sessions	\$80	4 Sessions	\$70
8 Sessions	\$120	8 Sessions	\$100
12 Sessions	\$180	12 Sessions	\$150
16 Sessions	\$240	16 Sessions	\$200
20 Sessions	\$300	20 Sessions	\$250

Pilates Reformer

ONE-ON-ONE SESSIONS

4 Sessions	\$180
8 Sessions	\$320
12 Sessions	\$480
16 Sessions	\$640
20 Sessions	\$800

GROUP TRAINING

<i>Group of 2 (Pricing per individual)</i>	
4 Sessions	\$120
8 Sessions	\$200
12 Sessions	\$300
16 Sessions	\$400
20 Sessions	\$500

