



Cantrell Center

WELLNESS

Membership Plans

Standard Aquatic Membership (Pool)

\$50*



Standard Land Membership (Gym)

\$50*



Standard Pool & Gym Membership

\$63*



Membership Discounts

- ***\$5.00 monthly discount for seniors (55 and up), military with valid I.D., and those who choose to draft from a checking account (voided check required).***





Membership Perks

****Membership includes group fitness classes (aquatic and land, respectively) at no additional charge.***

****Members receive complimentary two month follow up appointments where they sit down one-on-one with a Wellness Trainer***

Aquatic Classes:

Water Aerobics
Arthritis Class
Water Walking
Lap Swim & Solo
Aquatics

Land Classes:

Cycling Revolution
30 Minute Abs
Power 30
Chair & Balance
Beyond the Chair
Locomotion



*Exclusive Member Pricing for Personal Training Packages



Cantrell Center PERSONAL TRAINING

Personal Training consists of a one-on-one sessions with one of our expert trainers. The Personal Trainers here at the Cantrell Wellness Center can take your workout to the next level with their helpful tips, correction of form, and motivation to push through to your optimum level of exercising. Measurements are taken during the assessment after which an exercise regimen will be tailored to your specific Wellness goals. \$50.00 assessment fee is waived when package is purchased.

| PACKAGES | PRICING | | EXCLUSIVE MEMBER PRICING | |
|--------------------------|-----------------|-----------------|--------------------------|-----------------|
| SINGLE SESSION | 60 MIN \$65 | 30 MIN \$40 | 60 MIN \$60 | 30 MIN \$33 |
| 5 SESSIONS | 60 MIN \$310 | 30 MIN \$190 | 60 MIN \$285 | 30 MIN \$155 |
| 10 SESSIONS | 60 MIN \$600 | 30 MIN \$370 | 60 MIN \$550 | 30 MIN \$300 |

Buddy Training available exclusively to members— check out our website or call for details!

What are you waiting for?? **START NOW!**

(478) 333-6777

www.cantrellcenter.com



@cantrellcenter



For more information,
call 478-333-6777!