



We build strong kids, strong families, strong communities.

12 Weeks to Wellness

Is the 12 weeks to wellness program right for you?

The “12 Weeks to Wellness” program is perfect for you if you’re new to structured exercise, new to fitness centers, or if you struggle to find consistency with your workouts.

What is the “12 Weeks to Wellness” program?

The “12 Weeks to Wellness” program is for new and returning health seekers who want to develop or re-establish safe, effective and sustainable exercise routines.

Need help getting started on your wellness routine?

The “12 Weeks to Wellness” has you meet with a certified trainer at weeks one, four and eight to establish a relationship with our facility and your wellness goals.

Together with your trainer you will pinpoint goals, design a workout schedule, work on overcoming exercise barriers and work on maintaining a lifelong fitness regime.

During the course of your “12 Weeks to Wellness” you will learn a full-body exercise routine using equipment in our cardio and circuit studio. The “12 Weeks to Wellness” program includes a detailed equipment orientation to cardiovascular and toning machines used specifically in this program.

Want a little more?

Personal training appointments are available for additional fees.
\$45 - per one hour session - \$200 - five one hour sessions.

Fitness assessments are available for additional fees.
Full assessment fee - \$20 - Body Composition - \$10.

Want a little less?

Equipment use orientations can be scheduled to be shown how cardio machines are turned on and set and strength training equipment is set and used appropriately at no additional charge. (this is not a personal training session)



BELONG.
BE STRONG.

*All appointments can be made at our
Membership Service Desk.*