

Membership Summary

Amenities:

- **Heated Indoor Exercise Pool** – Available for lap swimming, water walking & general fitness activities.
- **Indoor Walk Track** – Shock-absorbing surface makes for a safe alternative to walking outdoors.
- **LifeFitness® Cardiovascular Equipment** – Treadmills, Ellipticals, Stair-Steppers, Bikes & More.
- **Strength-Training Equipment** – LifeFitness® and IronGrip® Machine and Free Weights.
- **Exercise Studio** – Available for general fitness use by members.
- **Group Exercise Classes** – Class availability & additional cost vary. Inquire at front desk.
- **Men’s & Women’s Locker Rooms** – Including showers, hair dryers, and day-use lockers.
- **Personal Training** – Services available at an additional cost. Inquire at front desk.
- **Endorsed by** – Silver Sneakers, Renew Active and Silver & Fit insurance programs.

Wellness Program Includes:

- Smart Start Fitness Session (schedule at Front Desk)
- Trained Fitness Staff on hand to assist you and answer your fitness questions
- Health Education Class Opportunities

Hours of Operation:

Monday – Friday	5:15 am to 9:00 pm
Saturday	7:00 am to 3:00 pm
Sunday	CLOSED

Fees:

Member Paying Rates	\$38.00 per month
Add-on Family Paying Rates	
Second Member	\$25.00 per month
Third and Fourth Member . . .	\$10.00 per month
\$25.00 Enrollment Fee (per individual or family)	
Guest Passes	\$5.00 per visit

Add on family members must reside in the same household with a limit of 4 and must be 14 years of age or older.

Payment Options

We offer one payment option to accommodate members: Monthly draft of your bank account, debit or credit card. Account will be drafted before the 5th of each month.

Payment Returns

If your membership dues draft is returned by your bank or other financial institution, the Wellness Center will attempt to re-bill your account. Delinquent accounts will be rebilled on the middle of each month for membership dues as well as a \$10.00 non-sufficient funds fee.

Cancel / Freeze Account

We must receive your request to be put on cancel or freeze no later than the last day of that month to ensure that you will not be charged for the upcoming month. Requests made after the first of the month will be processed the following month. A freeze status will allow you to maintain your membership without being billed for the time you are unable to attend.

 **Visit us at**
TitusRegional.com/Wellness
[Facebook.com/wellnesscentertrmc](https://www.facebook.com/wellnesscentertrmc)

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