

# Personal Training



We provide one-on-one and tandem training that is prescribed unique to each individual client. Each new client will start with a free consultation with one of our Personal Trainers to discuss health and physical activity history as well as goals and schedule.

All personal training is scheduled by appointment.

Please see our front desk or call (402) 375-7927 to set up your free consultation and to set up Personal Training.

### Cancellation Policy:

We understand that sometimes ‘life happens’ and you must cancel an appointment. As our clients, we hope that you understand that our schedules are very busy. We feel that we have a very fair cancellation policy that allows the client to give proper notice and not be penalized for the cancellation.

- Clients must cancel their training session with at least 24-hours’ notice
- If you cancel within the 24-hour time period of the start time of the session, you will be charged
- Each client will have one free ‘no show’ per package purchased, meaning they can late cancel once per package and not be penalized.

#### SINGLE RATES

1/2 Hour	\$30 + tax
1 Hour	\$50 + tax
6 Hours	\$200 + tax
12 Hours	\$300 + tax

#### TANDEM RATES (per person)

1/2 Hour	\$20 + tax
1 Hour	\$30 + tax
6 Hours	\$110 + tax
12 Hours	\$200 + tax

### Fitness Evaluation

All yearly memberships include two fitness evaluations. Areas of testing are:

- Body Compositions
- Height
- Upper Body Strength
- Flexibility
- Blood Pressure
- Aerobic Capacity
- Weight
- Lower Body Strength
- Heart Rate

### Premier Senior Fitness Programs

We are proud to partner with Silver Sneakers, Silver & Fit and Renew Active to offer free or reduced-price memberships to qualifying individuals. To see if you are eligible please check with your insurance company. If you are eligible, please bring in the necessary paperwork to prove membership.

### Therapy Referral Discount

Get a 10% off referral discount if you join the wellness center within 3 months of completing an active therapy program.

Discount applies to the first year of membership only and must be paid in full.

Qualifying Therapy Services:

- Physical Therapy
- Cardiac Rehab
- Respiratory
- Pulmonary Rehab

# Membership Fees



Daily	\$5 + tax
Punch Cards	
20 visits	\$60 + tax
10 visits	\$35 + tax
5 visits	\$20 + tax
Monthly	\$50 + tax
3 Months (consecutive)	\$75 + tax
Single Year	\$250 + tax
with a 1 year contract	\$25/month + tax (auto withdrawl)
Couple/Family Year	\$400 + tax
with a 1 year contract	\$40/month + tax (auto withdrawl)
Senior (62+) Year	\$200 + tax
with a 1 year contract	\$20/month + tax (auto withdrawl)
Senior Couple Year	\$250 + tax
with a 1 year contract	\$25/month + tax (auto withdrawl)
High School (ages 14-18)	\$100 + tax
with a 1 year contract	\$10/month + tax (auto withdrawl)
College Student Year (Full Time)	\$200+ tax
with a 1 year contract	\$20/month + tax (auto withdrawl)
College Student Semester (Full Time)	\$100+ tax

# Group Fitness Classes

We are proud to offer a large variety of fitness classes at PWC including group strength training, mind-body, cardio-dance, mixed martial arts, youth and Senior specific. Classes are open to members and non-members, and your first class is always free. For a complete list of classes, prices and current schedule please check out our Group Fitness Brochure or go to our website at [www.providencemedical.com](http://www.providencemedical.com).

## PWC HOURS

Monday-Thursday	5 am–10 pm
Friday	5 am–7 pm
Saturday	8 am–3 pm
Sunday	12 pm–6 pm



## Visit us Today

Providence Medical Center  
1200 Providence Road  
Wayne, NE 68787

phone: (402) 375-7927  
[wellness@providencemedical.com](mailto:wellness@providencemedical.com)



[providencemedical.com/wellnesscenter](http://providencemedical.com/wellnesscenter)

# Providence Wellness Center

## Membership Information



[providencemedical.com/wellnesscenter](http://providencemedical.com/wellnesscenter)