

## Group Fitness Classes

We offer a variety of fitness classes that are FREE with membership. The drop-in rate is \$10 per class. Classes include group strength training, yoga, Pilates, boxing, youth, senior and more. For a current class schedule, check out our Group Fitness Brochure or go to our website at:  
[www.providencemedical.com/wellnesscenter](http://www.providencemedical.com/wellnesscenter)

### PWC Hours

Monday-Thursday	5 am-9 pm
Friday	5 am-7 pm
Saturday	8 am-3 pm
Sunday	12 pm-6 pm



## Visit us today

Providence Wellness Center  
1200 Providence Rd  
Wayne, NE 68787

### Phone

402-375-7927

### Email

[wellness@providencemedical.com](mailto:wellness@providencemedical.com)



### Mindbody: Fitness, Salon & Spa

Download the Mindbody: Fitness, Salon & Spa App to view and register for classes, view membership dates and personal training appointments.



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

# Providence Wellness Center

## Membership Information



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

## Personal Training



One-on-one and tandem personal training sessions are prescribed by our Personal Trainers to meet the unique needs of each client. New clients start with a free consultation to discuss health and physical activity history, goals, and schedule.

Personal training sessions are scheduled by appointment. Stop at the front desk or call (402) 375-7927 to set up your free consultation and personal training sessions.

## Cancellation Policy

Please cancel 24 hours prior to your scheduled session.

If you cancel less than 24 hours prior to the scheduled session, you may be charged for the session.

## Single Rates

1/2 Hour	\$35 + tax
1 Hour	\$60 + tax
6 Hours	\$270 + tax
12 Hours	\$510 + tax

## Tandem Rates

(per person)

1/2 Hour	\$25 + tax
1 Hour	\$50 + tax
6 Hours	\$215 + tax
12 Hours	\$400 + tax

## Fitness Evaluation

All yearly memberships include a FREE Orientation and Fitness Evaluation. Please stop at the front desk to schedule.

## Premier Senior Fitness Program

We are proud to partner with One Pass, Silver Sneakers, Silver & Fit, and Renew Active to offer free or reduced-price memberships to qualifying individuals. Check with your insurance company to determine eligibility, and get proof of membership documentation.

## Therapy Discount

Get a 10% discount if you join Providence 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 Therapy Rehab
- Peripheral Artery Disease Rehab

## Membership Fees

Daily	\$8 + tax
20 Visit Punch Card	\$200 + tax
<b>Single Year</b>	<b>\$337.50 + tax</b>
<i>Auto Withdrawal</i>	\$31.25/month + tax
<b>Couple/Family</b>	<b>\$540 + tax</b>
<i>Auto Withdrawal</i>	\$50/month + tax
<b>Senior Year (62+)</b>	<b>\$247.50 + tax</b>
<i>Auto Withdrawal</i>	\$22.92/month + tax
<b>Senior Couple</b>	<b>\$315 + tax</b>
<i>Auto Withdrawal</i>	\$29.17/month + tax
<b>Students (age 14+)</b>	<b>\$270 + tax</b>
<i>Auto Withdrawal</i>	\$25/month + tax

Punch Card includes Group Fitness Classes and gym access.

