

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

Wellness Center 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



Mindbody: Fitness, Salon & Spa

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



<https://get.mindbody.ly/mik253j728w>



providencemedical.com/wellnesscenter

Providence Wellness Center

Membership Information



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	\$36 + tax
1 Hour	\$61 + tax
6 Hours	\$275 + tax
12 Hours	\$520 + tax

Tandem Rates

(per person)

1/2 Hour	\$26 + tax
1 Hour	\$51 + tax
6 Hours	\$219 + tax
12 Hours	\$408 + 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, Renew Active, and FitOn Health, 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 20% 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	\$204
Single Year	\$383 + tax
<i>Auto Withdrawal</i>	\$31.92/month + tax
Couple/Family	\$612 + tax
<i>Auto Withdrawal</i>	\$51/month + tax
Senior Year (62+)	\$280 + tax
<i>Auto Withdrawal</i>	\$23.33/month + tax
Senior Couple	\$357 + tax
<i>Auto Withdrawal</i>	\$29.75/month + tax
Students (age 14+)	\$306 + tax
<i>Auto Withdrawal</i>	\$25.50/month + tax

10% discount if annual membership paid in full
Punch Card includes Group Fitness Classes and gym access.

