

## Group Fitness Classes

We offer a variety of fitness classes that are FREE with membership. 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)

### 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

[WellnessCenter@providencemedical.com](mailto:WellnessCenter@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/mk253j728W>



[providencemedical.com/wellnesscenter](http://providencemedical.com/wellnesscenter)  
rev 12/25

# Providence Wellness Center

## Membership Information



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



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	\$38 + tax
1 Hour	\$64 + tax
6 Hours	\$289 + tax
12 Hours	\$546 + tax

### Tandem Rates

(per person)

1/2 Hour	\$27 + tax
1 Hour	\$54 + tax
6 Hours	\$230 + tax
12 Hours	\$428 + 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



<b>Daily</b>	<b>\$15 + tax</b>
20 Visit Punch Card	\$220 + tax
<b>Single Year</b>	<b>\$415 + tax</b>
<i>Auto Withdrawal</i>	\$34.58/month + tax
<b>Couple/Family</b>	<b>\$660 + tax</b>
<i>Auto Withdrawal</i>	\$55/month + tax
<b>Senior Year (62+)</b>	<b>\$300 + tax</b>
<i>Auto Withdrawal</i>	\$25/month + tax
<b>Senior Couple</b>	<b>\$390 + tax</b>
<i>Auto Withdrawal</i>	\$32.50/month + tax
<b>Students (age 14+)</b>	<b>\$330 + tax</b>
<i>Auto Withdrawal</i>	\$27.50/month + tax

**10% discount if annual membership paid in full**

