

Health & Wellness: Training, Events & More

Personal & Group Training

Personal Training: Achieve and maintain your desired fitness level through strength training, cardiovascular conditioning and weight management. Contact Lisa Pierce for an appointment.

MEM: \$25/half-hour session • \$45/1-hour session

Train-To-Win: 2 members with one personal trainer

MEM: \$30/person/1-hour session

Special Services

Nutrition Counseling: Individual sessions are led by a registered-licensed dietician. Call Lisa Pierce for an appointment.

MEM: \$55/hourly session

Massage Therapy: Relax your mind. Enhance your workout. Chair massages are available on location. 15- or 30-minute sessions are available by appointment.

Mondays, 9:00 – 11:30 am

MEM: \$20 for 15 minutes

Aquatic Personal Training: Working 1 on 1, your certified trainer will create an individualized water exercise plan from assessments, lifestyle profiles, goals and personality. Great for athletes and seniors.

Individual (55 Minutes): MEM: \$50 PRO: \$65

Couple (55 Minutes): MEM: \$30/person PRO: \$45/person

Injury Assessments: 3rd Monday of each month. 15 minute sessions provided by registered, certified physical therapist. \$20/per session

Hydrostatic Body Fat Testing:

Monday, August 31st

9:00 am – 12:00 pm & 3:00 pm – 7:00 pm



Wellness Events

Education Classes for Healthy Living

open to all: Lectures presented by Emory Hospital.

Last Monday of every month at 7:00 pm

June 29: The good, bad & ugly of cholesterol

July 27: Women's awareness on cervical/ovarian cancer

August 31: Men's awareness on prostate cancer

Healthy Cooking: Meal planning with Chef Scott. 2nd Monday of each month. Free to members!

