

Ascension St. John Jane Phillips Wellness Connection

COMMUNITY WELLNESS CENTER MEMBERSHIP INFORMATION

Ascension St. John Jane Phillips Wellness Connection specializes in personal training and medical fitness programs, both clinical and non-clinical, for adults of all ages and physical conditions.

FULL MEMBERSHIP

- \$38 + tax per month* (one person)
- \$22 + tax per month* (each additional family member[†] aged 14 & over).

Benefits:

- New member orientation program including:
 - Exercise consultation and fitness assessment
 - Four 30-minute exercise sessions
- Unlimited use of exercise facility
- Unlimited use of group exercise classes
- Amenities including towel service
- Discounts on personal training
- Educational workshops and events

TRACK MEMBERSHIP

- \$15 + tax per month*

Benefits:

- New member orientation program including an exercise consultation and fitness assessment
- Unlimited use of the indoor walking/running track
- Amenities including towel service
- Discounts on personal training
- Educational workshops and events

* Payment options: monthly electronic funds transfer or annual membership pre-paid.

[†] Eligible family members include spouse and dependent children.

HOURS OF OPERATION

Monday – Friday	5:30 a. m. - 7:00 p.m.
Saturday	7:30 a.m. - 2:00 p.m.

Please note: Elevators stop running to arrivals 30 minutes prior to the scheduled closing times.

HOW TO JOIN

- Enrollment is completed at the membership services desk on the ninth floor of Ascension St. John Jane Phillips.

- At time of enrollment, you will need a form of payment and your banking information. Prorated dues for your first month will be collected; future payment arrangements will be made; and an appointment with an exercise physiologist can be scheduled.

**For more information on programs and services,
Please contact the Wellness Connection at 918-331-1102.**



**Ascension
St. John**