



*Inspire. Motivate. Empower.*



**Membership Options:**

Student memberships are available until age 22 while enrolled in college. Senior Memberships are available at age 62. 4<sup>th</sup> Grade and under must be accompanied by a person 18 years of age or older. \*\*Membership prices can change at any time.

	**Monthly	Yearly <1-yr commitment>		*FitPLUS Yearly <1-yr commitment>	
		by Direct Debit	Paid in Full	by Direct Debit	Paid in Full
<b>Student</b>	\$35.00	\$25.00	\$275.00	\$40.00	\$440.00
<b>Single</b>	\$55.00	\$40.00	\$440.00	\$55.00	\$605.00
<b>Couple</b>	\$70.00	\$50.00	\$550.00	\$65.00	\$715.00
<b>Family</b>	\$85.00	\$60.00	\$660.00	\$75.00	\$825.00
<b>Senior</b>	\$50.00	\$35.00	\$385.00	\$50.00	\$550.00
<b>Senior Couple</b>	\$65.00	\$45.00	\$495.00	\$60.00	\$660.00
<b>Walking</b>	\$30.00	\$22.00	\$242.00	\$37.00	\$407.00
<b>Walking Couple</b>	\$45.00	\$32.00	\$352.00	\$47.00	\$517.00

**\*\*Add Fit+ to any Monthly Membership for add'l. \$15!**

<b>Additional Passes:</b>	
Adult 10-Punch Pass.....	\$54.00 per pass, no expiration
Student 10-Punch Pass.....	\$27.00 per pass, no expiration
Track Only 10-Punch Pass.....	\$36.00 per pass, no expiration
Adult Day Pass.....	\$6.00 per day, 18 & older
Student Day Pass.....	\$3.00 per day, 5-17 yrs. or until 22 if in college
Walking Only Day Pass.....	\$4.00 per day

**Group Ex. Classes:**  
 \$3.00 - Member  
 \$6.00 - Non-member  
 Free - \* FitPlus Member

Daycare available M-F 3:30-7pm @ \$2/child/hour (\$2 minimum)

\*FitPlus membership includes ALL group exercise classes & FREE daycare (12 months – 8 years old) from 3:30 pm – 7:00 pm M-F

## What we have to offer YOU.....

### Cardio (6<sup>th</sup> Grade and Older)

- Treadmills
- Ellipticals
- Recumbent Bikes
- NuSteps
- Upright Bikes
- Rowing Machine

(All equipment features Cardio Theatre)

### Strength (6<sup>th</sup> Grade and Older)

- 12 FreeMotion Weight Machines (includes Leg Press)
- Free-Weight Room – “The EDGE”

### Sport Court

- 2 Regulation Size Basketball Courts
- 3 Volleyball Courts
- 2 Tennis Courts
- Racquetball/Wallyball Court
- 4 Pickleball Courts

### Cages

- Softball/Baseball Cage
- Golf Cage (Golf clubs NOT provided)

### Exercise Room

- Body Balls & Body Bars
- Medicine Balls, Steps, Yoga Mats
- BOSU Balls, Resistance Tubing
- Free Weights, Jump Ropes
- Foam Rollers, Hula Hoops
- Kettlebells

### 4 Lane Walking/Running Track

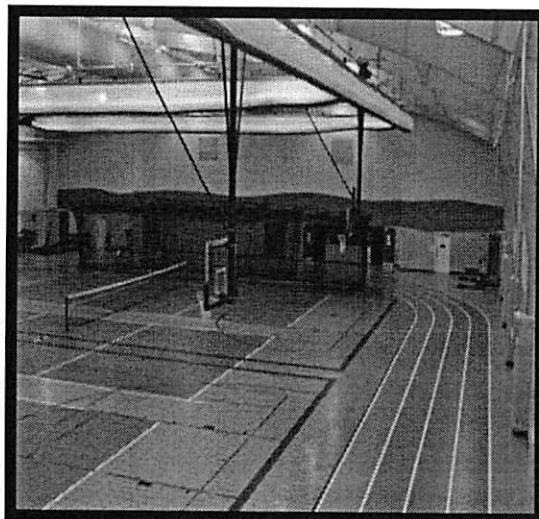
**‘LIKE’**

us on Facebook to keep  
up-to-date on all WWC  
information!

**We are a 24/7  
access facility!**

- Cards can be purchased with any membership or punch card.
- \$25 card fee, \$10 for every card after the 1<sup>st</sup> in a membership
- One-time fee

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## WAUKON WELLNESS CENTER

1220 3<sup>rd</sup> Ave NW  
Waukon, IA 52172  
#563-568-0074

[www.waukonwellness.com](http://www.waukonwellness.com)  
[director@waukonwellness.com](mailto:director@waukonwellness.com)

Your 24/7 access facility!



### November-March

Monday-Friday: 5:00am-8:00pm  
Saturday: 7:00am-12:00pm  
Sunday: 12:00pm-4:00pm

### April-Memorial Day

Monday-Friday: 5:00am-8:00pm  
Saturday: 7:00am-10:00am  
Sunday: CLOSED

### Memorial Day-Labor Day

Monday-Friday: 5:00am-8:00pm  
Saturday & Sunday: CLOSED

### Labor Day-October

Monday-Friday: 5:00am-8:00pm  
Saturday: 7:00am-10:00am  
Sunday: CLOSED