

Great River Health Fitness

A fitness and lifestyle program that extends beyond the scope of traditional exercise clubs



We help improve health through comprehensive services so you can enjoy life more fully. Our highly trained, certified staff and medical professionals provide:

- Expertise in helping clients with health problems to minimize risk
- Fitness assessments
- Individual exercise “prescriptions”

Great River Health Fitness is a member of the Medical Fitness Association, the country’s leading organization dedicated solely to medically integrated fitness facilities.



Hours

Gym

Monday - Thursday	5 a.m. to 8 p.m.
Friday	5 a.m. to 7 p.m.
Saturday	7 a.m. to 1 p.m.
Sunday (Nov.-March)	Noon to 4 p.m.

Pool

Monday - Thursday	7 a.m. to 7:30 p.m.
Friday	7 a.m. to 6:30 p.m.
Saturday	7 a.m. to 12:30 p.m.
Sunday (Nov.-March)	Noon to 3:30 p.m.



Additional services

- **Improving athletic performance** 319-768-4191
- **Personal training** 319-768-4191
- **Pilates Reformer classes** 319-768-4191

Membership information is on the other side.

Membership information

Memberships include unlimited use of the gym and pool, and all land and water classes. A one-time enrollment fee covers:

- Health evaluation, which includes weight, height, body fat analysis, blood pressure, pulse and measurements (if desired)
- Goal setting
- Personalized exercise "prescriptions" by exercise specialists
- Instructions for using cardiovascular and strength-training equipment

Enrollment fees are \$50, individuals; \$75, individual plus one; or household, \$100. If your membership lapses, you will be assessed a new enrollment fee.

12-month membership	Monthly	Corporate discount	One-time payment
Individual	42	33	504
Individual + 1 (same address)	58	46	696
Household (same address)	74	59	888

6-month membership	Monthly	Corporate discount	One-time payment
Individual	44	35	264
Individual + 1 (same address)	60	49	360
Household (same address)	76	60	456

3-month membership	Monthly	Corporate discount	One-time payment
Individual	46	36	138
Individual + 1 (same address)	62	49	186
Household (same address)	78	62	234

Monthly memberships

No contract, no enrollment fee

- Aquatic classes (arthritis exercise and tai chi), \$30
- Cardiac Rehabilitation Phase III, \$30
- College student, \$32
- Cycling classes, \$30
- Foreign-exchange student, \$16
- High school student, \$16



Great River Wellness Plaza
1401 W. Agency Road, West Burlington, IA 52655
319-768-4191

