

**Athens-Limestone  
Hospital  
Wellness Center  
209 Fitness Way, Suite A  
Athens, AL 35611  
256-233-9355**



**East-Limestone  
Wellness Center  
27669 Capshaw Road  
Harvest, AL 35749  
256-216-1990**

# CORPORATE INFORMATION

<u>MONTHLY DUES</u> (as of 10/01/2007)		<u>HEALTH ASSESSMENT FEE</u> (One Time Charge)	
<b>Individual</b>	<b>\$ 35.00</b>	<b>Individual</b>	<b>\$ 65.00</b>
Spouse	\$ 27.00	Spouse	\$ 62.00
<b>Youth</b>	<b>\$ 29.00</b>	<b>Youth</b>	<b>\$ 50.00</b>
Family (of 4 or more)	\$100.00	Family	\$ 150.00

\*An Employee identification badge must be presented at the time of sign up in order to receive this discount.

**Membership allows access to either facility owned and operated by ALH**

***ASSESSMENT FEES AND FIRST MONTH MEMBERSHIP DUES ARE PAID AT SIGN-UP.***

Monthly membership fees are payable by automatic bank draft, credit card draft or 3 months paid in full. Six months or one-year advance pay is available.

\*\*Ages 9 and over are eligible for membership. Children age 14 and under must be accompanied by and adult. Those under the age of 19 must have signature of consent by parent or legal guardian.

<b>SERVICES AVAILABLE</b> (Not all services are available at both facilities)	
Indoor Track	Technogym® & Life Fitness® Exercise Equipment
Group Fitness Aerobics	Free Weights
Silver Sneakers Classes®	Spinning® Classes
Whirlpool	Swimming/Lap Pool
Sauna/Steam Room	Wellness Education
Fully Staffed Play Care area is available, for 2 month olds to 8 years old. Check the front desk for times and price. (Extra Charge)	
Massage Therapy and Personal Trainer (Extra Charge)	

<p><b>Athens Location Hours:</b> Monday – Thursday 5:00 a.m. – 9:00 p.m. Friday 5:00 am – 7:30 pm Saturday 8:00 a.m. – 4:00 p.m. Sunday 1:00 p.m. – 5:00 p.m.</p>	<p><b>East Location Hours:</b> Monday – Thursday 5:00 a.m. – 8:00 p.m. Friday 5:00 am – 7:00 pm Saturday 8:00 a.m. – 4:00 p.m. Sunday 1:00 p.m. – 5:00 p.m.</p>
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