

## 2010 Wellness Center Speciality Services / Program Rates

<b>Swim Team</b>	<b>\$35.00 month</b>
<b>Tumbling Class</b>	<b>\$40.00 month</b>
<b>Pool/Tumbling Party</b>	<b>\$100.00 per 10 kids/ \$5 for each extra child</b>
<b>Swim Lessons (year round)</b>	<b>\$75 for five 30 minute private lessons \$60 for group lessons (5 sessions) \$60/month - After School Swim</b>
<b>ACLS Class</b>	<b>\$170.00(Health system)/ \$195(Outside healthsystem) Book=ACLS: \$40.00 PALS: \$45.00</b>
<b>Education Classes/Materials (General)</b>	<b>\$10.00</b>
<b>Massage Therapy</b>	<b>30 minute: \$45    1 Hour: \$70    1 1/2 Hr.: \$ 110</b>
<b>Individual Consultations (Dietary, Diabetes Education, Stop Smoking, Weight loss)</b>	<b>check with front desk</b>
<b>Menu's From Dietitian (copies)</b>	<b>\$12.00</b>

<b>CPR/First Aid Classes</b>	<b>Heart Saver CPR/AED \$45</b>	<b>Healthcare Provider \$45</b>
		<b>First Aid Classes \$40</b>

**Personal Training Rates (1 hour): (in addition to monthly exercise fee)**

<b>1 - Session</b>	<b>\$45.00</b>
<b>1 - Session ( for 2 people)</b>	<b>\$75.00</b>
<b>3- Session Package</b>	<b>\$125.00</b>
<b>3- Sessions (2 people)</b>	<b>\$215.00</b>

**Personal Training Rates (1/2 hour): (in addition to monthly exercise fee)**

<b>1 - Session</b>	<b>\$35.00</b>	<b>1 - Session ( 4 people)</b>	<b>\$70.00</b>
<b>1 - Session (2 people)</b>	<b>\$50.00</b>	<b>1 - Session ( 5 people)</b>	<b>\$80.00</b>
<b>1 - Session (3 people)</b>	<b>\$60.00</b>	<b>1 - Session ( 6 people)</b>	<b>\$90.00</b>

**Personal Training Group Rates (per 1 hour session) :**

<b>3 People</b>	<b>\$85</b>	<b>8 People</b>	<b>\$140</b>
<b>4 People</b>	<b>\$95</b>	<b>9 People</b>	<b>\$150</b>
<b>5 People</b>	<b>\$105</b>	<b>10 People</b>	<b>\$160</b>
<b>6 People</b>	<b>\$115</b>	<b>11 People</b>	<b>\$170</b>
<b>7 or more</b>	<b>\$130</b>	<b>12 People</b>	<b>\$180</b>

**Corporate/Community Education Seminars: \$75/hour, plus materials**