



**MEMBERSHIP SERVICE GUIDE** -Phone: 320-543-3311

Vital Fitness believes in promoting complete wellness and health in an atmosphere, which is comfortable for all. Health is more than just fitness; it's a sense of complete wellness involving mind, body and spirit.

**MEMBERSHIP PRICING**

No Joiners Fee

**Single Membership:**

Monthly .....	\$41/month
6 Month ... (Direct Deposit or Pay in Full) ....	\$37/month
Annual .....(Direct Deposit or Pay in Full) ...	\$35/Month

**Couple Membership:**

Monthly .....	\$56/month
6 Month ... (Direct Deposit or Pay in Full) ....	\$53/month
Annual .....(Direct Deposit or Pay in Full) ...	\$50/Month

**Family Membership:** (Child must be under 18 & living at home)

Monthly .....	\$66/month
Annual .....(Direct Deposit or Pay in Full) ...	\$62/Month

**Personal Training Services:**

Members – One Session (hour) .....	\$50
Non-members - One Session (hour)..	\$60
Members – Three Sessions .....	\$120

**Senior Membership:** (Over Age 65)

Monthly .....	\$37/month
Annual .(Direct Deposit or Pay in Full) .....	\$30/Month

**Senior Couples Membership:** (Over Age 65)

Monthly .....	\$50/month
Annual .(Direct Deposit or Pay in Full) .....	\$45/Month

**Day Passes:**

Member Guest .....	\$7 per guest
Non-Guest .....	\$10 per person

**\*Members May Earn \$20 Monthly through Blue Cross Blue Shield, Health Partners, and Medica Fitness Plans!!!!**

**HOURS**

Monday – Friday .....	5:00 a.m. to 10:00 p.m.
Saturday.....	8:00 a.m. to 5:00 p.m.
Sunday .....	10:00 a.m. to 2:00 p.m.

**WARDROBE GUIDELINES**

At Vital Fitness we want all of our members to feel comfortable and welcomed while working out. We ask that members wear loose fitting shirts with sleeves and shorts that come at least 2 inches below the gluteus fold.

**MEDICAL SERVICES**

By providing a full continuum of services, we are able to promote a lifetime of health and fitness. Our friendly fitness and medical specialist help you reach your health and fitness goals. Vital fitness is more than just a fitness center. Through Stellar Health Care, Inc., Vital Fitness has a partnership with Preferred Choice Chiropractic, P.A. and Phenomenal Rehabilitation, which allows us to provide a level of expertise that a normal fitness center cannot offer. Other services include:

- Outpatient Orthopedic Rehabilitation
- Industrial Rehabilitation
- Sports Rehabilitation
- Women's Health Services
- Pediatric Chiropractic Care
- Sports Chiropractic Care
- Chiropractic Care
- Nutritional Consulting

**Club Policies**

Our patients and clients deserve an atmosphere that is conducive to health and well-being. We ask that you return all equipment to their proper location and wipe down equipment after you have used it. Vital Fitness reserves the right to take action, as it deems appropriate in handling disrespectful or disturbing behavior. To accommodate our patients they will be given first priority on club equipment.