### **CoxHealth Fitness Centers**

# **Enjoy the Corporate Discount as a Cox HealthPlans Member**

Consistently named by 417 Magazine readers as "Best Health Club", CoxHealth Fitness Centers is the only medically-based fitness center in the 417 area that offers a variety of programs and specialty services including, but not limited to:

- Personal Training
- Group Exercise Classes
- Basketball Courts
- Racquetball Courts
- Indoor Aquatics
- Specialty Weight Loss Program
- Extensive range of cardio and weight equipment

- Nutrition Services by in-house Registered Dietitian
- Kids activities including Family Swim and track time
- Spacious Locker Rooms
- Steam room/Sauna (Meyer)



### **Medical Fitness Options**

Additional medical fitness options include screenings/assessments, specialized programming and personal services to give you an added boost in achieving a healthy lifestyle. One-on-one personal training areas of interest including:

- Strength Training
- Weight Loss
- Pre-Surgery Conditioning
- Post-Rehab/Disease Management
- Cardiovascular/Endurance Training
- Mental Wellness
- Sports Conditioning

### Frequently Asked Questions

### What are my membership options?

Membership access includes:

- The Meyer Center: Full access to The Meyer Center, North, Republic and Branson
- North, Republic, and Branson: Full access to North, Republic and Branson

### Can I Try Out a Paid Class?

You are welcome to try any class offered one time to see if it is what you are looking for. To try a paid class, you will be asked to pay the day fee for the day you are visiting.

Who can I contact with questions about programs, classes or general facility questions?

coxfitnesscenters@coxhealth.com

# Do I Receive Guest Passes with My Membership?

You will receive 4 guest passes upon membership renewal. Otherwise, you can purchase them at any time in any of our facilities.

What perks do I receive for joining?

Complimentary one hour appt and 30-min follow up with a personal trainer, discounts on personal training packages/nutrition services (over 30 included with membership group exercise classes), and discounts on 8-week session Specialty classes which includes TRX, YOGA, PILATES, TAI CHI and so much more.

For more FAQ's, please visit www.CoxHealth.com/FitnessCenters

#### Ask About a FREE Trial Workout.

Sign-up online: CoxHealth.com/Services/Fitness-Centers/Membership-Application
Follow us on Facebook for current offerings and promotions: Facebook.com/CoxHealthFitness



## **CoxHealth Fitness Centers**



# **2024 Corporate Membership Fees**

To join CoxHealth Fitness Centers at the Corporate Rate, simply visit one of the centers and present your Cox HealthPlans ID card.

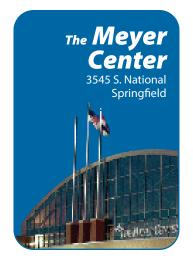
### The Meyer Center

(includes access to Meyer, North, Republic and Branson)

### Joining Fee \$50.00

(waived with 25+ employee memberships **or** if employer offers payroll deduction for membership fee)

	Individual/ Paid in Full	Family (2)	Family (3+)
3 month	\$180	\$240	\$290
Annual	\$420	\$570	\$685
1 Year EFT**	\$42/mo=\$504	\$57/mo=\$684	\$68/mo=\$816



### **Hours of Operation:**

Monday-Thursday 5 AM-10 PM Friday 5 AM-9 PM Saturday, Sunday 6 AM-6 PM

(Pools close 30 minutes prior to closing)

### **CoxHealth Fitness Centers**

(includes access to North, Republic and Branson)

#### **Joining Fee \$50.00**

(waived with 25+ employee memberships **or** if employer offers payroll deduction for membership fee)

	Individual/ Paid in Full	Family (2)	Family (3+)
3 month	\$125	\$145	\$175
Annual	\$300	\$350	\$420
1 Year EFT**	\$30/mo=\$360	\$35/mo=\$420	\$42/mo=\$504



### **Hours of Operation:**

24 hours a day, 7 days a week

(Includes holidays)



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All information is subject to change per CoxHealth Fitness Centers • \*\*Electronic Funds Transfer: Direct draft from checking account monthly. First payment due at sign-up.

