

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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24 hours a day, 7 days a week

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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.