

Annie Jeffrey Health Center  
Wellness Center  
Open 5 AM - 10 PM



- Please see above for the Wellness hours. Usage is discouraged on Monday, Wednesday, and Friday from 8:30 am to 10:30 am due to Cardiac Rehabilitation and Physical Therapy patients.
- If you have not previously completed a Wellness Center application please complete and sign the front and back of the form and return to the Wellness Center prior to beginning exercise.
- If you are not familiar with equipment please set up a time with Wellness Center Staff for proper orientation.
- A change of shoes is advised for exercise in the Wellness Center as the wet weather can be very harsh on the equipment.
- Disposable Cavi wipes are available in the Wellness Center to clean equipment after exercise.
- Hand towels are available to use during exercise. If showering must bring your own towels.

Individual Membership rates:

Per Month: \$20.00  
3 Months: \$50.00  
6 Months: \$90.00  
1 Year: \$175.00

Family Membership rates:

Per Month: \$30.00  
3Months: \$85.00  
6 Months: \$160.00  
1 Year: \$310.00

Senior Citizen rates: (62 years of age of older)

Per Month: \$15.00  
3 Months: \$40.00  
6 Months: \$75.00  
1Year: \$145.00

Senior Couple rates:

Per Month: \$25.00  
3 Months: \$65.00  
6 Months: \$120.00  
1 Year: \$230.00

Memberships are non-transferable.

## Wellness Center

- Hours:** 5 AM to 10 PM Daily  
Wellness Center will not be staffed all of the above hours.  
Participants must have a health assessment and orientation to equipment before using the center without supervision.
- Parking:** In the southwest Emergency Room entrance.
- Sign In:** All members must sign in on the sheet on the table.
- Smoking:** There is no smoking in any part of the Wellness area or the Health Center.  
We request you join us in promoting healthy lifestyles.
- Medical Problems:**  
If you have medical problems, please seek advice from one of the staff members.  
If you have cardiac problems previous authorization from your physician is required.
- Clothing and Shoes:**  
It is recommended that all members wear exercise conducive clothing.  
Shirts and shoes are required for everyone in the workout area.
- Children:** Children under 14 years of age must be accompanied by parents if in the exercise area.
- Suspension of Membership:**  
The Wellness Center is designed as a place for you to get away for relaxation and for use of the exercise equipment. The Health Center reserves the right to suspend or terminate any membership of misconduct and/or nonpayment of membership fees.
- Pricing:** Membership fees are guaranteed from membership initiation to anniversary date.  
The Health Center reserves the right to change membership rates at any anniversary date.

**The Annie Jeffrey Memorial County Health Center Wellness Center reserves the right to change policies and procedures at any time.**