

# MEMBERSHIP PRICING

VMH  
**WELLNESS**  
CENTER

**VMH WELLNESS CENTER**

📍 1130 Nelson Parkway,  
Viroqua, WI 54665

☎ 608-638-2348 (BFIT)

✉ [vmhwellnesscenter@vmh.org](mailto:vmhwellnesscenter@vmh.org)

🌐 [www.vmh.org](http://www.vmh.org)

📘 [www.facebook.com/VMHWellnessCenter](https://www.facebook.com/VMHWellnessCenter)



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## PRICING

**\$32**  
PER MONTH

### 1. STUDENT/VETERAN/SENIOR

Includes full access to gym.  
No classes are included unless otherwise noted.

**\$40**  
PER MONTH

### 2. INDIVIDUAL MEMBERSHIP

Includes full access to gym.  
No classes are included.

**\$65**  
PER MONTH

### 3. FAMILY MEMBERSHIP

Includes full access to gym.  
No classes are included.

**\$55**  
PER MONTH

### 4. SENIOR COUPLE

Includes full access to gym.  
No classes are included.

**\$115**  
PER MONTH

### CROSSFIT MEMBERSHIP

Includes full access to CrossFit Viroqua and general gym facility. Group fitness classes are not included.

*All memberships require a one time enrollment fee of \$50 for individuals and \$75 for families.*

## DROP INS

**FACILITY DROP IN: \$5**

**ACTIVE SENIOR DROP IN: \$2**

*Must be 65 or older*

**SILVER SNEAKERS DROP IN: \$2 PER CLASS**

**GROUP FITNESS DROP IN: \$5 PER CLASS**

**WEEK PASS: \$20**

**CROSSFIT DAY PASS: \$20**

*Members will pay the package rates for group fitness classes or the unlimited class rate packages for the month.*

## DISCOUNTS

### DIRECT DEBIT PAYMENT OR PAID IN FULL

**20%**  
DISCOUNT

Your monthly rate:

1. \$25.60
2. \$32.00
3. \$52.00
4. 44.00

*Membership must be for a year for direct debit rate.*

### PARTICIPATING BUSINESS ACCOUNT

**10%**  
ADDITIONAL OFF  
DIRECT DEBIT RATE

Your monthly rate:

1. \$23.04
2. \$28.80
3. \$46.80
4. 39.60

*Business must be a participating business account to be eligible.  
Contact the VMH Wellness Center for more details.*

## GROUP EXERCISE CLASSES

### CLASSES THAT MEET 3X PER WEEK

\$45 (member) | \$54 (non-member)

### CLASSES THAT MEET 2X PER WEEK

\$30 (member) | \$48 (non-member)

### CLASSES THAT MEET 1X PER WEEK

\$15 (member) | \$24 (non-member)

### 6 WEEK UNLIMITED CLASS PACKAGE

\$55 (member) | \$65 (non-member)

## HOURS

**MONDAY - THURSDAY**

5 a.m. - 8 p.m.

**SATURDAY**

7 a.m. - Noon

**FRIDAY**

5 a.m. - 6 p.m.

**SUNDAY**

Noon - 5 p.m.