



Parker Health & Wellness Center Invites You to Join Our New Virtual Programming Starting in December 2020

Membership Pre-Paid Fee Schedule:

- Premium Unlimited Classes: \$30.00 Monthly Fee
- Deluxe- Four Weekly Classes (Max 18): \$20.00 Monthly Fee
- Basic- One Weekly Class (Max 5): \$15.00 Monthly Fee
- Personal Training: Thirty-minute 1:1 instruction available. \$20/session. Buy 5 sessions, get 1 free!

Choose from a variety of classes offered Monday through Saturday.

Yoga, Meditation, Interval Training, Kickboxing, Better Balance, Sit & "B" Fit, Move & Groove, Chair Zumba, Total Body Workout, Body Sculpt, Below the Belt, Strength Training, Circuit Training, and Upper Cut Strength Workout.

Pre-recorded exercise classes are available in the evenings, Monday through Friday.

Please complete applications and waivers before participating in any exercise classes.

Monthly Events Include:

- Interactive Weekly Coffee Klatch
- Telehealth Presentations & Monthly Activities

Payment Methods:

We accept checks or automated clearinghouse transfers. Please make checks payable to Parker.

Gym Reimbursement: To find out if you qualify for the gym reimbursement, be sure to check with your health insurance provider.