

Membership Rates

(Employee, Volunteers & Chaplains)



A WELLNESS GYM BACKED BY



Lexington Medical Center



3239 Sunset Boulevard • West Columbia

LMCHealthDirections.com

Employee, Volunteers & Chaplains Annual Membership Rates

Individual Membership.....\$375

Each Add-on.....\$375

Dependent.....\$180

Family member who is 13-24 years of age and lives in the same household

One Month Trial Pay in full\$60

Personal Training Rates		
One-on-One Sessions	50 minutes	30 minutes
10 Sessions	\$323	\$248
25 Sessions	\$769	\$591
50 Sessions	\$1,463	\$1,125
Duos (2 clients)		
10 Sessions	\$276	N/A
25 Sessions	\$689	N/A
Fitness Assessment	\$55	



Payment Options

- ▶ Payroll deduction, minimum \$15.63 per pay period
- ▶ Check or credit card



Additional Services

- ▶ Free annual health screening
- ▶ Exercise prescription
- ▶ Monthly wellness events
- ▶ Personal training
- ▶ Registered dietitian appointments



Hours

Monday – Thursday

5:00 a.m. – 8:00 p.m.

Friday

5:00 a.m. – 6:00 p.m.

Saturday

7:30 a.m. – 12:00 noon

Sunday

1:30 p.m. – 6:00 p.m.

Schedule may vary during holidays.



For more information,
call (803) 791-2113 or visit
LMCHealthDirections.com