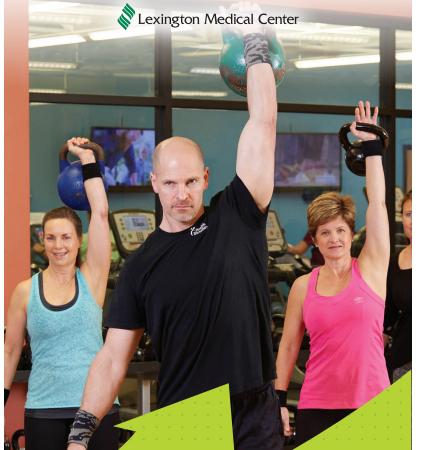
# **Membership Rates**

(Employee, Volunteers & Chaplains)



A WELLNESS GYM BACKED BY



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 I	
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



#### 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