

## OUR BILLING POLICIES

- Group Fitness classes must be paid for at the start of each session.
- All payments should be made at the Wellness Center front desk.
- We do not send out recurring monthly statements.
- If you would like to change or freeze your membership, this must be done in written form at the Wellness Center front desk.

## PAYMENT METHODS

We offer many convenient methods of payment. The easiest and most economical ways to pay a one-time fee for the year. If you prepay, you receive 3 months free.

Another option for payment is automatic withdrawal from your checking or savings account. If you would like to participate in this convenient option, please ask for an e-banking form at the front desk.

A guest pass is available for purchase for \$5, or you can buy a punch card.

**All-Inclusive Memberships are for individuals only.** Billing will take place on a monthly cycle and is not available for yearly or family options. All-Inclusive Memberships will be automatically renewed on a monthly basis unless a cancellation policy is signed indicating termination.

Thank you for your commitment to health and wellness!

*We strive to meet and exceed your expectations and appreciate your continued commitment to your health at the Hegg Wellness Center.*

For questions, please contact  
712-476-8080



HEGG  
Health Center

An Avera Affiliate

This institution is an equal opportunity provider and employer.

HEGG  
WELLNESS  
CENTER



HEGG  
Health Center

An Avera Affiliate

1202 21st Avenue  
Rock Valley, IA 51247

(712) 476-8080  
[www.hegghc.org](http://www.hegghc.org)

## WELLNESS CENTER MEMBERSHIP PRICES

MEMBER RATES:	1 MONTH	MONTHLY	YEARLY	<i>*includes wellness center membership and unlimited group fitness classes</i>
Individual	\$35.00	\$30.00	\$270.00	
Spouse/Child	\$50.00	\$45.00	\$405.00	
Family	\$70.00	\$65.00	\$585.00	
All Inclusive*	\$75.00	\$70.00	\$840.00	

EMPLOYEE RATES:	1 MONTH	MONTHLY	YEARLY	<i>*includes wellness center membership and unlimited group fitness classes</i>
Individual	FREE	FREE	FREE	
Spouse/Child	\$20.00	\$15.00	\$135.00	
Family	\$40.00	\$35.00	\$315.00	
All Inclusive*	\$40.00	\$35.00	\$420.00	

CORPORATE RATES:	1 MONTH	MONTHLY	YEARLY	<i>*includes wellness center membership and unlimited group fitness classes</i>
Individual	\$29.00	\$24.00	\$216.00	
Two Person	\$40.00	\$35.00	\$315.00	
Family	\$55.00	\$50.00	\$450.00	
All Inclusive*	\$55.00	\$50.00	N/A	

PUNCH CARDS:	1 DAY	4 SESSIONS	10 SESSIONS
	\$5.00	\$20.00	\$50.00

PERSONAL TRAINING:	1 SESSION	4 SESSIONS	8 SESSIONS	12 SESSIONS
30 Minute Sessions	\$30.00	\$114.00	\$216.00	\$306.00
60 Minute Sessions	\$40.00	\$152.00	\$288.00	\$408.00

GROUP FITNESS CLASSES*:	30 MINUTES	45 MINUTES	60 MINUTES	<i>*rates are subject to change based on the class</i>
Member 2x/week	\$36.00	\$54.00	\$72.00	
Member 3x/week	\$54.00	\$81.00	\$108.00	
Non-member 2x/week	\$72.00	\$108.00	\$144.00	
Non-member 3x/week	\$108.00	\$162.00	\$216.00	

## WELLNESS CENTER HOURS

**Monday - Thursday:**  
5:00am - 10:00pm

**Friday:**  
5:00am - 6:00pm

**Saturday:**  
6:30am - 12:00pm

*Summer Hours (Memorial Day - Labor Day)*

**Monday - Thursday:**  
5:00am - 9:00pm

**Friday:**  
5:00am - 6:00pm

**Saturday:**  
6:30am - 11:00am

For weather announcements, listen to KSOU 93.9 or visit the Hegg Health Center Facebook page.