

Hours of Operation:

Mon-Thur: 6am-8:00pm

Fri: 6am-7pm

Saturday: 8am-1pm

Sunday: Closed



Memberships Dues

The Wellness Center at Middle Tennessee Medical Center



Rutherford County Human Resources

Rutherford County Human Resources and Middle Tennessee Medical Center (MTMC) Wellness Center will offer discounted prices to all Rutherford County Employees as well as, their spouses and legal dependents. Bring this document and your employee ID to The MTMC Wellness Center during hours of operation to *start your membership today!*

➤ **SAVE 40+% ON MEMBERSHIP DUES**

➤ **NO JOINING FEES**

➤ **FREE SESSION WITH EXERCISE PHYSIOLOGIST**

Exercise Physiologists are available at no additional cost to meet with you one-on-one to design an exercise program based upon your personal needs and goals, show you how to use the equipment, and give you a personal tour of the facility. To schedule your free one-on-one appointment with an Exercise Physiologist, call 896-0290 or stop by The Wellness Center front desk during hours of operation.

➤ **FULL ACCESS TO FACILITY AND CLASSES**

- Treadmills, stationary upright and recumbent bikes, elliptical trainers, upright and recumbent stair machines, rowers, weight machines, functional trainer, and free weights.
- Locker rooms, showers, and dry sauna.
- Group exercise classes including yoga, aerobics, body toning and pilates

➤ **OTHER PROGRAMS AND SERVICES**

- Body Composition, Stress Tests, Personal Training, Ballroom Dance
- Cancer Wellness, Pulmonary and Cardiac Rehabilitation, Smoking Cessation, Stroke Recovery, Bariatric Wellness Aftercare, and Orthopedic Transition programs.

Rutherford County Membership Dues	Monthly Draft <i>From Checking Only</i>	1-Year Payment <i>Cash, Check, Credit/Debit Card</i>
Individual	\$20	\$240
Married Couple	\$40	\$480
Dependents <i>(must be legal dependent, ages 16-18)</i>	\$10	\$120

