



FITNESS CENTER GUIDE TO SERVICES

♥ *BaylorWorx Fitness Center is a full service health & fitness facility offering a wide variety of services and amenities. Our fitness center is equipped with modern treadmills, elliptical gliders, cycles & strength training equipment. Personal Trainers are available to prepare a fitness program to meet your goals. Aquatic aerobics & arthritis classes are conducted in the indoor heated pool. Lap swimming & water walking are available during non-class hours. Hot tubs, saunas and steam rooms are available in both the men and women's locker rooms & a licensed massage therapist can soothe and relax your body.*

♥ We request all new members to have a health assessment and equipment orientation. The health assessment will help your Personal Trainer best prepare for you the exercise plan that suits your personal goals. The assessment may include the following:

♥ *Blood Pressure*

♥ *Height*

♥ *Weight*

♥ *Upper Body Strength*

♥ *Flexibility*

♥ *Body Composition*

♥ Orientation may include facility tour, explanation of suggested exercises, equipment usage, goal setting, etc. (approximately 1 hr). You will receive two (2) FREE follow-up personal training sessions (Sessions are forfeited if you are a "no show"). These must be scheduled and completed in the first 4 weeks of your new membership or they will be forfeited. These FREE personal training sessions are approximately 20-30 minutes each and are intended to help with motivation and improve your overall exercise knowledge.

♥ OPERATING HOURS

MONDAY TO THURSDAY 5:30A TO 8P

FRIDAY 5:30A TO 6P

SATURDAY 8A TO 12NOON

BAYLORWORX REHABILITATION & FITNESS CENTER

♥ REGISTRATION/ASSESSMENT/ORIENTATION \$50.00/INDIVIDUAL

\$75.00/COUPLE

♥ RESCHEDULING FEE \$25.00

FEE IS CHARGED IF APPOINTMENT NOT CANCELLED WITHIN 24 HOURS

♥ CONTACT INFORMATION: 507 N HWY 77, SUITE 700, WAXAHACHIE, TEXAS 75165

♥ 972-938-3311 >FAX 972-938-7836

♥ WEBSITE: BAYLORHEALTH.COM/BAYLORWORX

♥ PERSONAL TRAINING/GROUP TRAINING PRICES Member Price Non Mbr Price

30 Min. Personal Training (available on a needs base assessment-ask for pricing)

1 Hr. Personal Training – single purchase	49.00	65.00
5 sessions	205.00	315.00
10 sessions	400.00	625.00

1 Hr. Group Training – single purchase	35.00	40.00
5 sessions	155.00	175.00
10 sessions	300.00	330.00

Massage Therapy – ¼ hr	25.00	30.00
½ hr	40.00	50.00
1 hr	60.00	75.00

♥MEMBERSHIP TYPES

♥Not included in Membership – *Yoga by Marilyn Englund*

♥BAYLOR RED Monthly = \$45 Year Paid in Full - \$495 (save \$45)

Additional fee of \$49/ 7 week session

Couples = \$85 Year Paid in Full - \$935 (save \$85)

This membership includes unlimited use of all classes, fitness floor equipment, locker rooms open water swim and discounts on Personal Training, Group Trainings, massage therapy & more.

♥BAYLOR GREEN Monthly = \$40 Year Paid in Full - \$440 (save \$40)

This membership is for community corporate clients. Our registration representative will be happy to see if your employer qualifies. All active/retired teachers, city, county, state and government employees are included as corporate clients. This membership includes unlimited use of all classes, fitness floor equipment, locker rooms, open water swim and discounts on Personal Training, Group Trainings, massage therapy & more.

♥BAYLOR WHITE Monthly = \$25 Year Paid in Full - \$275 (save \$25)

This membership is for all full time students ages 17 years old (must be a senior in High School) and older. If you are 16 years old, you must be accompanied by a parent or guardian at all times while at BaylorWorx working out. If you are 17 years old, your parent/guardian must also sign your Release of Liability and attend the new membership orientation. However you may work out without their supervision. This membership includes unlimited use of all classes, fitness floor equipment, locker rooms, open water swim and discounts on Personal Training, Group Trainings, massage therapy & more.

♥BAYLOR BLUE Monthly = \$20 Year Paid in Full - \$240

This membership is for our hard working Baylor employees as well as physicians with “active status” at the hospital and their staff as well as the *active* Volunteers at Baylor. This membership includes unlimited use of all fitness floor equipment, locker rooms, open water swim and discounts on Personal Training, Group Trainings, massage therapy & more.

♥BAYLOR BLUE + Monthly = \$25 Year Paid in Full - \$275 (save \$25)

This membership is for our hard working Baylor employees as well as physicians with “active status” at the hospital and their staff as well as the active Volunteers at Baylor. This membership includes unlimited use of all classes, fitness floor equipment, locker rooms, open water swim and discounts on Personal Training, Group Trainings, massage therapy & more.

♥BAYLOR AQUA – Required Aqua Orientation - \$25 (the Assessment may include Blood Pressure, Upper Body Strength, Height, Weight, Flexibility & Body Composition)

Monthly = \$35 Year Paid in full - \$385 (save \$35)

This membership is for individuals wanting to use our heated swimming pool for water walking/jogging or lap swimming only. This includes our locker rooms and discounts for Personal Training, Group Training and massage therapy and more.