

## MEMBERSHIP INFORMATION

Your membership covers the following with every 3 months of membership:

- 1 hour evaluation that includes
  - Comprehensive health and orthopedic screening
  - Biometric data collection: height, weight, oxygen saturation, blood pressure, heart rate, body mass index (BMI), waist/hip ratio, and body fat percentage
  - Goal setting
  - Nutrition guidance
- 1 hour personal training session to orient you to your personalized strength and conditioning program and exercise prescription. Every three months this program will be updated for you.
- Unlimited use of the facility
- Quarterly reports to your physician(s)
- Regular communication with your physician(s) and other members of your healthcare team
- Onsite medically trained staff to check vital signs as needed, answer questions and facilitate care

**We ask for a minimum 3 month commitment so that you may feel the benefits of your personalized exercise program!**

*Your prescription to better health begins with exercise.*



**the M.O.G.<sup>SM</sup>**  
**Medically Oriented Gym**

**membership & pricing  
information**

## BURGESS HEALTH CENTER

1600 Diamond Street  
Onawa, Iowa  
PH: 712.423.9287

111 South 5th Street  
Mapleton, Iowa  
PH: 712.882.2343

## INDIVIDUAL MEMBERSHIP

Monthly Rate.....	\$50
Senior (60+) Monthly .....	\$45
Student Monthly.....	\$45
3 Month Up Front .....	\$120 (\$40/mo)
Senior 3 Month Up Front .....	\$105 (\$35/mo)
Student 3 Month Up Front.....	\$105 (\$35/mo)
1 Year Contract ( <i>auto payment</i> ) .....	\$40/mo
Senior 1 Year Contract ( <i>auto payment</i> ).....	\$35/mo
Student 1 Year Contract ( <i>auto payment</i> )...	\$35/mo
Burgess Employee ( <i>payroll deduct</i> ) .....	\$40/mo

## COUPLE MEMBERSHIP

Monthly Rate.....	\$80
3 Month Up Front .....	\$180 (\$60/mo)
1 Year Contract ( <i>auto payment</i> ) .....	\$60/mo
Burgess Employee & Spouse ( <i>payroll deduct</i> ).....	\$60/mo

## SENIOR COUPLE MEMBERSHIP

both 60+

Monthly Rate.....	\$70
3 Month Up Front .....	\$165 (\$55/mo)
1 Year Contract ( <i>auto payment</i> ) .....	\$55/mo

Financial Assistance - up to 50% off of the full monthly rate - is available to those who qualify.

## FAMILY MEMBERSHIP

1 Child (ages 12-18) .....	\$10/mo*
2 Children (ages 12-18) .....	\$20/mo*
3 Children (ages 12-18) .....	\$30/mo*
4 Children (ages 12-18) .....	\$40/mo*
5 Children (ages 12-18) .....	\$50/mo*
6 Children (ages 12-18) .....	\$60/mo*

\*This is in addition to the parent(s) membership fee being charged. Children who would like to join, without a parent as a member, will pay the “student” rates.

Children, ages 12-15, will not receive a FOB, and must be accompanied by an adult.

## ADDITIONAL RATES

Daily Drop In Rate .....	\$10
MOG Eval and Program Setup.....	\$50
without membership	

### Personal Training

1 - 30 minute session.....	\$20
6 - 30 minute sessions .....	\$100
10 - 30 minute sessions .....	\$150
Duffle Bag.....	\$20
T-shirts.....	\$10
Drawstring Bag.....	\$10
Water Bottles.....	\$5
Lanyards/Keychains .....	\$2.50
FOB Deposit.....	\$10
FOB Replacement.....	\$10

## COST COMPARISON

Why not cut something from your daily routine, and invest that money in your health?

MOG Membership .....	\$1.32*/day
Bag of Chips .....	\$1.49
20 oz Pop .....	\$1.60
Coffee & Donut.....	\$1.75
Fast Food Meal.....	\$5.29

\*Based on average for 3-month membership.

## MOG HOURS

FOB access

**5 a.m. - 11 p.m.**

**7 days a week**

Staff will be available during regular business hours, and some additional evening and weekend hours.

Please ask the receptionist for more information regarding staff availability.

