

MEMBERSHIP INFORMATION

Your membership covers the following:

- 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.

BURGESS SERVICES

Burgess Health Center not only offers the Wellness Center, a wide variety of other services are also offered, that include:

- Family Clinics
Dunlap, Mapleton, Sloan and Whiting, Iowa
Decatur, Neb.
- Retail Pharmacies
Dunlap and Whiting, Iowa
- Surgery
- Radiology
Mammography, MRI, CT, 4-D ultrasound, and lung cancer and stroke screenings
- ER
- Labor & Delivery
- Mental Health
- Diabetes Center
- Nutritional Education
- Home Health & Hospice
- Cardiac & Pulmonary Rehab
- Physical, Occupational and Speech Therapies
- Sleep Studies
- 16 visiting specialty clinics

Burgess Health Center complies with applicable Federal civil rights laws and does not discriminate on the basis of race, color, national origin, age, disability, or sex.

ATENCIÓN: si habla español, tiene a su disposición servicios gratuitos de asistencia lingüística. Llame al 1-712-755-4308 (TTY: 1-800-735-2943).

ACHTUNG: Wenn Sie Deutsch sprechen, stehen Ihnen kostenlos sprachliche Hilfsdienstleistungen zur Verfügung. Rufnummer: 1-866-237-0173



membership
& pricing
information



BURGESS
Wellness Center

LOCATIONS

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 Months Up Front.....	\$120 (\$40/mo)
Senior 3 Months Up Front	\$105 (\$35/mo)
Student 3 Months 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
Burgess Wellness Employee	\$10/mo

COUPLE MEMBERSHIP

Monthly Rate	\$80
3 Months Up Front.....	\$180 (\$60/mo)
1-Year Contract (<i>auto payment</i>)	\$60/mo
Burgess Employee & Spouse.....	\$60/mo
Burgess Wellness Employee & Spouse.....	\$30/mo

SENIOR COUPLE MEMBERSHIP

both 60+

Monthly Rate	\$70
3 Months 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
Wellness Eval and Program Setup	\$50 without membership
Personal Training	
1 - 30 minute session.....	\$20
6 - 30 minute sessions	\$100
10 - 30 minute sessions	\$150
FOB Deposit	\$10
FOB Replacement.....	\$10

COST COMPARISON

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

Wellness 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.*

WELLNESS CENTER 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.

