

## MEMBERSHIP INFORMATION

Your membership covers the following:

- One-on-one 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, if desired
  - Goal setting
- One-on-one personal training session to orient you to your personalized strength and conditioning program and exercise prescription. This program can be updated for you upon request.
- Unlimited use of the facility.
- 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 recommend 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  
Mapleton, Sloan and Whiting, Iowa
- Retail Pharmacy  
Whiting, Iowa
- Surgery
- Radiology  
Mammography, MRI, CT, 4-D ultrasound, and lung cancer and stroke screenings
- ER
- Mental Health
- Diabetes Center
- Nutritional Education
- Home Health & Hospice
- Cardiac & Pulmonary Rehab
- Physical, Occupational and Speech Therapies
- Sleep Studies
- 17 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 .....	\$40
Senior (60+) Monthly .....	\$35
Student Monthly.....	\$35
3 Months Up Front.....	\$105 (\$35/mo)
Student/Senior 3 Months Up Front.	\$90 (\$30/mo)
1-Year Contract (auto payment) .....	\$35/mo
Senior 1-Year Contract (auto payment) ...	\$30/mo
Student 1-Year Contract (auto payment)..	\$30/mo
Burgess Employee (payroll deduct) .....	\$10/mo

## COUPLE MEMBERSHIP

Monthly Rate .....	\$60
3 Months Up Front.....	\$180 (\$60/mo)
1-Year Contract (auto payment) .....	\$60/mo
Burgess Employee & Spouse .....	\$30/mo (payroll deduct)

## SENIOR COUPLE MEMBERSHIP

both 60+

Monthly Rate .....	\$55
3 Months Up Front.....	\$150 (\$50/mo)
1-Year Contract (auto payment) .....	\$50/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 .....	\$1.17*/day
Bag of Chips .....	\$2.49
20 oz Pop.....	\$1.99
Coffee & Donut.....	\$2.31
Fast Food Meal .....	\$6.49

\*Based on average for 3-month membership.

## WELLNESS CENTER HOURS

FOB access

**4 a.m. - 11 p.m.**

**7 days a week**

Staff available during regular business hours.

Please ask the receptionist for more  
information regarding staff availability.

Other Amenities:

Available lockers and shower facilities.

