

## CARILION WELLNESS MEMBERSHIP OPTIONS AND PRICING

Updated 1/1/2020

		ROANOKE	BOTETOURT	WESTLAKE	CRC (BLACKSBURG)	DOWNTOWN ROANOKE
<b>Membership options and pricing</b>  <i>(Month-to-month; no long-term contracts)</i>	Individual <sup>1</sup>	\$72	\$72	\$50	\$35	\$35
	Household <sup>2</sup>	\$117	\$117	\$80	\$50	-
	Senior Individual (65+)	\$57.60	\$57.60	\$40	\$28	\$35
	Senior Household (65+)	\$93.60	\$93.60	\$64	\$40	-
	<b>Discounts available for Military, Year-in-Advance and Corporate memberships.</b>					
<b>Amenities</b>	Cardio equipment	✓	✓	✓	✓	✓
	Free weights	✓	✓	✓	✓	✓
	Weight machines	✓	✓	✓	✓	✓
	Locker rooms / private changing rooms	✓	✓	✓	✓	✓
	Towel service	✓	✓	✓	✓	✓
	Functional training space	✓	✓	✓	✓	
	Group exercise classes – live instructor	✓	✓	✓		
	Indoor pool	✓	✓	✓		
	Outdoor pool	✓	✓			
	Youth services / child care	✓	✓			
	Gymnasium	✓	✓			
	Indoor track	✓	✓			
	Steam rooms	✓	✓			
	Whirlpool(s)	✓		✓		
	Group exercise classes – on demand (virtual)			✓	✓	
	Racquetball courts	✓				
	Pickleball courts			✓		
Saunas					✓	
<b>Additional Services and Programs<sup>3</sup></b>	Personal training	✓	✓	✓	✓	
	Fit Rx	✓	✓	✓	✓	
	Recovery Rx	✓	✓	✓	✓	
	Take Control Rx	✓				
	Swim lessons	✓	✓			

<sup>1</sup> **Individual membership:** An individual membership includes a primary member age 15 years and up, and up to two dependents age 14 years or younger.

<sup>2</sup> **Household membership:** A household membership consists of a primary member and up to one additional household member that permanently lives in the household, and any of their dependent children under the age of 22 who also reside in the household on a permanent basis.

<sup>3</sup> **Additional Services and Programs:** Additional fees apply.