



Center of Excellence in Health and Wellness Membership Options

Fitness Membership:

Includes full use of the aquatic center, cardio/fitness area, basic aquatic and land based classes, annual fitness assessment, development of a personalized fitness and/or aquatic program, access to dining venues, access to salon and spa, access to campus activities and trips, access to Broadmead's physician's office, access to seminars and special events, access to walking/hiking trails, and in general, independent use, participation, and engagement in the Broadmead campus.

Cost: \$45 / month \$500 annual

Enhanced Membership (*Charter Membership*)

Includes all the benefits of the Fitness Membership, plus an annual holistic wellness assessment by the Wellness Nurse, ongoing wellness coaching and support, discount on all salon and spa services, dietician consultation, access to two specialized group exercise classes per year, and one complimentary lunch per month in the Arbor Café.

Cost: \$75 / month \$850 annual

Assisted Exercise Program

Includes all the benefits of your specific membership type, but is designed for individuals who require assistance in the fitness room. Participants will meet with a fitness assistant at a scheduled time, no more than 3 sessions a week, for semi-personal attention. Cost of participation is in addition to your membership fee.

Cost:

Fitness Member:	\$35 / month	\$420 annual
Enhanced Member:	\$30 / month	\$360 annual

Spa, Salon and Other Ancillary Services

For a full list of services and fees please contact us at 443-578-8062 or at Wellness@Broadmead.org