

Our Mission

At Pennock Health and Wellness Center, we strive to improve the health of local residents, patients and corporations by offering a complete line of programs, fitness expertise and on-going activities. We value friendly, positive relationships and hard work to provide our members with a comfortable and clean workout environment.

We offer a state-of-the-art modern facility with over 10,000 sq. feet, a 3-Lane 25 yard lap pool, and over 48 pieces of cardiovascular and weight equipment, allow us to offer comprehensive programs with everything you need to reach your health and fitness goals!

Come enjoy the extraordinary experience of our Health and Wellness Center yourself!

Hours of Operation

Monday – Thursday: 5:00 am – 8:00 pm

Friday: 5:00 am – 7:00pm

Saturday : 7:00am – 2:00 pm

Sunday : 9:00 am – 3:00 pm

Summer Hours: (Memorial Day – Labor Day)

Monday – Thursday: 5:00 am – 8:00pm

Friday : 5:00 am – 7:00 pm

Saturday: 7:00am – 1:00 pm

Sunday: 9:00 am – 12:00 pm

Health and Wellness Center



To learn more, visit us online at www.pennockhealth.com or scan our QR code below with your smart phone or web enabled mobile device.



915 W. Green St., Hastings, MI 49058
Phone: 269.948.3139
www.pennockhealth.com

your passport to health and wellness



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Membership Levels

All memberships require payment in full of the initiation fee and first month's dues before the membership can be activated. Membership can be paid through an annual or monthly payments (cash, check, debit or credit card).

Single: An individual, age 18-59 years old.

Couple: An individual age 18-59 years old and their spouse or a parent and one dependent age 8-23 years old.

Family: An individual, age 18-59 years old, their spouse and their dependents living in the same household. Dependent children must be ages 8-23 years old of age.

Senior: An individual, age 60 and above.

Senior Couple: An individual age 60 and above and their spouse.

Student: An individual, age 14-23 years old. Students age 14-17 require a parent or guardian's signature for membership. Students age 18-23 must be a full-time student (carrying at least 12 credit hours) and present a valid college photo ID and proof of class schedule.

Membership Rates

Membership Level	Initiation Fee	Monthly Dues
Single	\$65	\$50
Couple	\$95	\$70
Family	\$95	\$80
Senior	\$50	\$40
Senior Couple	\$75	\$56
Student	\$50	\$40

You will be expected to present your membership card at the membership service desk each time you enter the facility. Lost cards can be replaced at the membership service desk for a \$5 fee.

Membership Services

Your membership at our Health and Wellness Center is your passport to health! As a member, you will receive access to FREE basic equipment orientation, cardiovascular equipment (treadmills, elliptical trainers, stair climbers, rowing machines and bikes), Cybex VR3 strength training equipment, free weights, pool, spa, group fitness classes, aquatic classes, spacious locker rooms with showers, and the ability to freeze your membership for up to 3 months each year.

Additional fee-based services include personal training, massage therapy, Corporate Wellness, lifestyle and weight management programs, to name a few.

A Fitness Center that Fits Your Life

