










## Additional Fee Based Services

At Pennock Health and Wellness Center, we also provide additional fee based services available to both members and non-members to include:

-  Personal Training
-  Massage Therapy
-  Corporate Health and Wellness
-  Day Passes
-  Group Fitness Punch Card
-  Diabetes Management Program
-  Lifestyle and Weight Management Program
-  Osteoporosis Management Program
-  Body Fat Percentage Testing

## Our Mission

At Pennock Health & 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 work hard to provide our members with a comfortable and clean workout environment.

To learn more, visit us online at [www.pennockhealth.com](http://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  
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## Physician Referral Program








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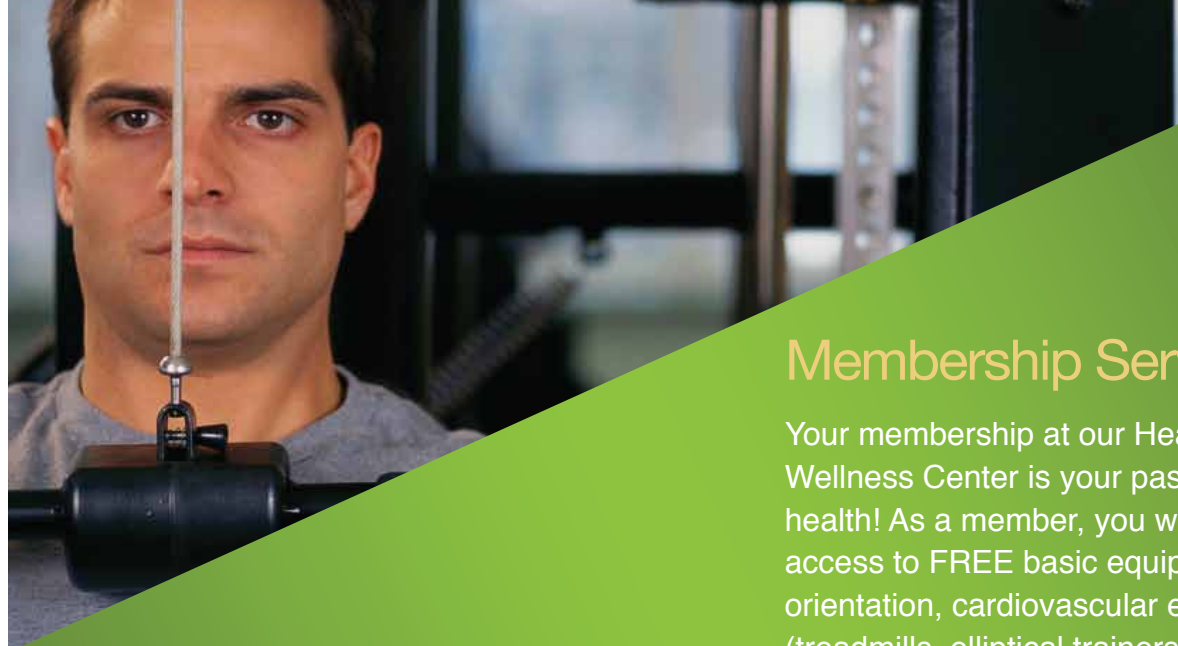
## Physician Referral Program

The Pennock Physician Referral Membership program partners exclusively with Pennock affiliated physicians to better serve the wellness needs of patients and the community.

Our goal at the Pennock Health and Wellness Center is to provide professional assistance to new members by connecting them with appropriate activities for a healthier lifestyle.

### Program Procedures:

-  The physician will write a script stating that the patient has a valid medical condition that requires a maintenance exercise program.
-  The physician will provide any limitations, restrictions, or suggested activities.
-  The patient will bring the script and the consent form to the Wellness Center and fill out paper work to begin a free six-week trial membership.
-  The patient must attend the gym a minimum of twelve times in the six-week trial membership to be eligible to receive the discount offer if they join the facility.
-  If the patient satisfies the above requirements, our joining fee is waived.



## 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.

## 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.

## 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