

Your Passport to Health And Wellness

At Pennock's Health and Wellness Center, we believe that both a healthy mind and body are essential to healthy living. We strive to improve the health of local residents, patients, and corporations. Our modern facility of 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 a comprehensive weight management and fitness program with everything you need to reach your fitness and weight loss goals!

We value friendly, positive relationships, and work hard to provide our members with a comfortable and clean workout environment.

Come enjoy the extraordinary experience of having personal weight management and fitness coaches today!



A Fitness Center that Fits Your Life

Join our Pennock Health and Wellness Center today! With your membership, you will get a direct passport to cardiovascular equipment, Cybex VR3 strength equipment, free weights, group fitness classes, medical massage therapy, personal training, diabetes management programs, an Osteoporosis management program, arthritis management programs, pregnancy fitness programs, and a SilverSneakers program.

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.



 **PENNOCK**
HEALTH & WELLNESS
915 W. Green St., Hastings, MI 49058
Phone: 269.948.3139
www.pennockhealth.com



Weight Management and Fitness Program

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Work, Live, and Feel Better

Making the decision and commitment to do something about your weight is the hardest part in any weight management or exercise program.

Once you have made this very important decision to get started, your personal coach will be available to help you stay motivated and committed throughout the 8 week program. If you are serious about changing your lifestyle and eating habits, we will assist you in meeting and maintaining your goals with our successful program.

During the 8 weeks, you will learn to make healthy choices and begin a lifelong lifestyle change that will help you manage your weight for the rest of your life.



Experience the Difference

Our program is more comprehensive than any other. We understand that no two people are alike, and neither will your personalized weight management and fitness program.

Our new and improved weight management program is medically monitored to ensure safe and effective weight loss, you will receive a personal fitness coach to help you navigate the program and its various options, along with a wellness appraisal and a body fat test at the start and finish of the program.

In addition, each program also includes a blood pressure check, food diary, personalized food plan, complete calorie counter book, personalized exercise program, and weekly meetings with your personal fitness coach that includes guidance and encouragement to help you achieve weekly success!

Member Cost: \$100.00

Non-Member Cost: \$180.00

**when program is completed in full, receive 1/2 off your initiation fee when purchasing a single membership.*

Commit to Be Fit: \$80.00

**Pennock Colleague Wellness Program.*

Today is the Day

We understand getting started can seem overwhelming and is often the most difficult point when starting a new weight management program. Let us help. We offer a complimentary, no-obligation orientation session to learn more about our weight management and fitness programs and which option is right for you.

Get your passport to a health today by calling 269.948.3139 or 269.945.3451, ext. 1470 to make your first appointment.

