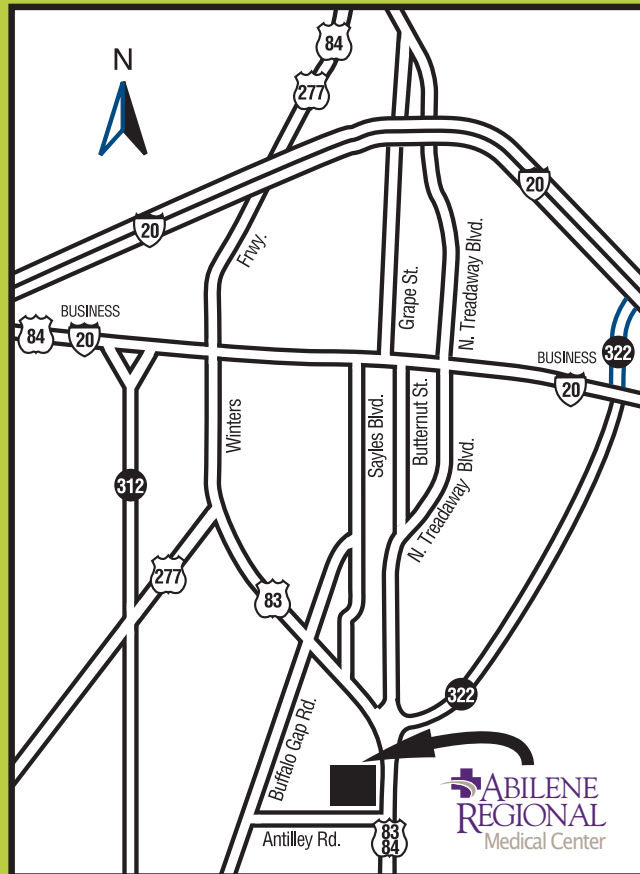




Shaping up isn't necessarily easy – but why make it even harder with two year contracts, initiation fees and monthly membership obligations? At David M. Collins WellHealth Center, we take the pain out of joining a health club.



ABILENE REGIONAL
Medical Center

6250 Hwy 83/84
Abilene, TX 79606
325-428-1000
www.abileneregional.com

THE DAVID M. COLLINS
WELLHEALTH CENTER



GETTING IN SHAPE CAN BE REWARDING

ABILENE REGIONAL
Medical Center



Getting Fit, Staying Healthy

The center's staff members are certified in exercise science and physiology and will develop an exercise program based on targeted heart rates for those interested in an individualized program. The WellHealth Center employees routinely monitor your progress, heart rate and blood pressure while you're exercising to determine if adjustments need to be made to your program.

Full Service Club

The WellHealth Center was opened in 1985, as a part of the vast array of cardiovascular services at Abilene Regional Medical Center (ARMC). The full-service Center is now open to the general public and continues to focus on wellness, fitness and health.

The Center offers a complete circuit of Nautilus® strength training equipment, with machines to isolate every major muscle group, including arm ergometers for upper body aerobic work and free weight dumbbells.

Cardiovascular equipment includes a Stairmaster™, exercise bikes and treadmills, recumbent bikes and elliptical trainers. Men's and women's locker rooms feature showers and saunas. Massage therapy is available (for a separate fee) to everyone, whether a WellHealth Center member or not. The WellHealth Center also offers group exercise classes including yoga, pilates, kickboxing, body sculpting and aerobics.

Easy to Join

With no initiation fees or contracts to sign, joining is as easy as showing up! A staff member will give you a personal tour of the WellHealth Center, demonstrating how each piece of equipment is used. The staff member will also help you fill out a health history questionnaire and conduct any initial fitness testing.

Monthly fees are due at the beginning of each month, with the first month's dues payable when you join. A simple advance notice waives fees for times, when you may be too busy to enjoy the WellHealth Center. There are no limitations on how many months you choose to freeze your membership.

Affordable

Rates for the WellHealth Center are reasonable, with discounts available for family and corporate memberships. Discounted rates are available for members of ARMC's Senior Circle program, the Healthy Woman program, expectant and post-partum mothers who are enrolled in ARMC's Pregnagym program and former cardiac rehabilitation patients.

To find out if your employer or organization is a corporate member, or for more information about the WellHealth Center, call us at 325-428-5700.

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