



Wellness Complex at Fairfield Glade

130 Stonehenge Dr.
931-707-8420

Membership Information

Fairfield Glade Facility & All Inclusive (both facilities)	Enrollment Fee **Per Person	Individual (Monthly)	Family Member *(Monthly)
Individual or All-Inclusive	\$40.00	\$49.00	\$28.00
Seniors	\$40.00	\$46.00	\$26.00
Corporate	\$40.00	\$46.00	\$26.00
Military ++ (Documentation Required)	\$20.00	\$38.00	\$26.00
+ Cumberland Medical Center Referral Programs Enrolling Within 30 Days of Discharge	\$20.00	\$46.00	\$26.00

Prices listed above are for contractual 12 Month and 6 Month memberships only. One year contracts receive one month free.

For Month-to-Month agreements, add \$3.00 to the prices listed above per person.

Anyone under 18 must have a parent or legal guardian cosign all paperwork. Children under 16 must have physician referral in order to use the facility and may exercise only with parental supervision.

* Family members must be immediate family or spouse and living in the same household.

** Enrollment Fee and prorated amount for remainder of month due upon signing.

++ See front desk for required documentation.

+ CMC Programs: Cardiac Rehab/ Physical Therapy/ Inpatient Rehabilitation/ Pulmonary Rehab / Diabetes Self-Management referrals may receive a discounted enrollment fee of \$20.00 if enrolled within 30 days of completing the program. Discharge papers or certificate required with discharge date. No other discounts apply.

Prices are subject to change with membership renewal.

Services are provided in a non-discriminatory manner without regard to sex, race, color, national origin, or disability.



Fairfield Glade Membership Services

**Walking Track / Junior Olympic Pool
State-of-the-Art Facility and Equipment**

Aerobic & Aquatic Classes with Certified Aerobics Instructors

Ballroom Aerobics
Ballet Barre
Body Sculpting / Cardio Sculpt
Bone Building
Fat Blast / Cardio Blast
Pilates / Stretch
Rockin' to the Oldies / Senior Tune-Ups
Total Body
Yoga (Beginning, Core)
Tai-chi
Zumba, Zumba Gold, & Aqua Zumba
High Intensity Interval Training
Staying Fit / Get Busy
*Intermittent Ballroom Dance Lessons

Cardiovascular Equipment

Community Seminars

Cardiac / Pulmonary Rehab Maintenance

***Programs**

The "Get Active" Partnership
Community Involvement
Gift Certificates Available
Parkinsons Therapy Class

Support Groups

Stroke Support Group
Gastric By-Pass Support Group
Alzheimers Support Group

Hours of Operation:

Monday-Friday	5:00 AM - 7:00 PM
Saturday	7:00 AM - 4:00 PM
Sunday	1:00 PM - 6:00 PM

Health/Exercise Testing for all Members Upon Joining:

Fitness Profile - Health First Tri-Fit System

Aerobic Capacity Test
Body Composition Analysis
Flexibility Analysis
Health Risk Appraisal

Personal Exercise Plan

Professional Exercise Consultation
& Demonstration of Exercise Equipment

On-Going Support

Professional Staff
Dedicated To Serving Our Members
Staff CPR / First Aid Certified
Towel Service
Hand Sanitizer Available
Exercise Equipment Cleaned Daily
Equipment Sanitizer Available
Complete Locker Room Facilities
Locker Rooms Cleaned Daily

***Certified Personal Trainers**

Individual Exercise Consultations
Half Hour - \$13.00
Full Hour - \$26.00
Prepaid packages
† 5-Hour Sessions - \$124.0
† 10-Hour Sessions - \$247.00
† 20-Hour Sessions - \$468.00

Available for Your Guests

Day Pass - \$10.00
Week Pass - \$25.00