

## Vital Fitness Membership Pricing

### Single Memberships

**Vital Fitness believes in promoting complete wellness and health in an atmosphere which is comfortable for all.  
Health is more than just fitness;  
it is a sense of complete wellness involving mind, body and spirit.**

Pre -Pay Term	1 month	3 months	6 months	12 months
Monthly Fee	\$45	\$42	\$39	\$35
Total cost	\$45	\$126	\$234	\$420
** Potential monthly fee based on personal insurance reimbursements	\$25	\$22	\$19	\$15

\*\* Members must check with their own insurances for program requirements.

- No Long term contracts!
- Members may earn \$20 monthly credit dues through BCBS, Health Partners, and Medica Fitness Plans.
- Admittance card fee of \$40 added to first months dues
- Senior Discount for 65 years and older. \$5 off per month on single or couple membership rates.

#### Wardrobe Guidelines

At Vital Fitness we want all of our members to feel comfortable and welcomed while working out. We ask that members wear loose fitting shirts with sleeves and shorts that come at least 2 inches below the gluteus fold.

#### Club Policies

Our Patients and clients deserve an atmosphere that is conducive to health and well-being. We ask that you return all equipment to their proper location and wipe down equipment after you have used it. Vital Fitness reserves the right to take action, as it deems appropriate in handling disrespectful or disturbing behavior. To accommodate our patients, they will be given first priority on club equipment.

#### Group Discount Memberships

For full list of companies and groups that qualify for group discounts, please talk with the front desk.

#### Operating Hours:

Monday - Friday  
5:30 AM - 9:00 PM

Saturday  
8:00 AM - 2:00 PM

Sunday  
10:00 AM - 2:00 PM



Vital Fitness  
1116 6th St.  
Howard Lake, MN  
(320)543-3311

#### Medical Services

By providing a full continuum of services, we are able to promote a lifetime of health and fitness. Our friendly fitness and medical specialists can help you reach your health and fitness goals. Vital fitness is more than just a fitness center. Through Stellar Health Care, Inc., Vital Fitness has a partnership with Preferred Choice Chiropractic, P.A. and Phenomenal Rehabilitation, which allows us to provide a level of expertise that a normal fitness center cannot offer. Other services include:

- Outpatient Orthopedic Rehabilitation
- Industrial Rehabilitation
- Pediatric Chiropractic Care
- Chiropractic Care
- Sports Rehabilitation
- Women's Health Services
- Sports Chiropractic Care
- Nutritional Consulting
- Personal Training
- Massage Therapy