

**BELLIN HEALTH  
FITNESS MEMBERSHIP**  
An investment in your  
health and wellbeing.

**Did you know, as a Bellin College Student, you have full access to all of our Fitness Center locations?** Sign up for a membership at the special discounted rate and take advantage of the many beneficial programs and services that Bellin Health Fitness has to offer.

**Bellin Health Fitness Programs & Services**

- **New Member Orientation** includes one half-hour appointment with a Personal Trainer
- **FREE Group Fitness Classes** including Core & More, Fitness Intervals, Spin Cycling, Yoga, etc.
- **Paid Specialty Classes** including Finding Your Fit, Eat Right for Life, Performance for Life and TRX (Classes vary per facility, please call in advance.)
- **Personal Training**
- **FREE Member Workshops**
- **FREE Pain & Injury Assessments**

**Discounted Membership Rates:**

- **Individual Membership** | \$25/month
  - **Family Membership\*** | \$40/month
- \*Family Membership includes any two adults (married or unmarried) and any dependent children up to age 25 living at the same address.

**Kristi Carne**  
*Membership Facilitator*  
Bellin Health Fitness Ashwaubenon  
1630 Commanche Avenue, Green Bay  
(920) 430-4767

**Melissa Sperbeck**  
*Team Facilitator*  
Bellin Health Fitness Bellevue  
3263 Eaton Road, Green Bay  
(920) 433-6756

**Connie Parkovich**  
*Team Facilitator*  
Bellin Health Bond Community Center  
1201 Park Avenue, Oconto  
(920) 834-5585