

**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