

Fitness Memberships



Wellness memberships:

Single
\$35/month

Couple
\$56/month

Family
\$61/month

Senior single
\$31/month

Senior couple
\$44/month

Student
3 months \$72 (paid all up front)

*Renew Active, Silver Sneaker and Silver and Fit memberships are offered



HOURS

MercyOne Rehabilitation & Wellness Center
2204 Kimball Ave.
Waterloo, IA 50702

Mon.-Thurs. 5 a.m.-8 p.m.
Friday 5 a.m.-7 p.m.
Saturday 7 a.m.-4 p.m.
Sunday 8 a.m.-4 p.m.

MercyOne Cedar Falls Medical Center
515 College St.
Cedar Falls, IA 50613

24-hour keyless entry

[MercyOne.org/wellness](https://www.mercyone.org/wellness)

Membership includes:

- Two fitness centers that include circuit weights, cardio equipment and more...
- More than 40 group exercise classes offered per week, free with a membership!
- One free 30-minute training session with one of our certified personal trainers
- Youth Sports Acceleration (11+)



For more information give us a call at 319-272-2313!



Scan QR code for fitness class schedules.