



BARBOUR COMMUNITY

HEALTH ASSOCIATION

Winter 2024

Philippi Wellness Center Classes* 206 S. Main St. * 304-457-0700

M	T	W	T	F	S
Facility Open: 6 am – 8 pm					8 am – 12 pm
8 am Chair Yoga Ricki	8 am Yoga Ricki	8 am Chair Yoga Ricki	8 am Yoga Ricki	8 am Chair Yoga Ricki	
	9 am Chair Yoga Ricki		9 am Chair Yoga Ricki		
10:15 am Seated Cardio High Energy Aerobics + Balance, core, strength, floor -Donna		10:15 am Seated Cardio High Energy Aerobics + Balance, core, strength, floor- Donna		10 am Chair & Floor Yoga Ricki	
		5:30 pm Yoga* Beginner Emily			
			6:15 pm Zumba/Strong/ CIRCL Theresa		

Belington Wellness Center Classes * 70 N. Sturmer St.* 304-823-1800

M	T	W	T	F	S
Facility Open: 6 am – 8 pm					8 am – 12 pm
9 am Silver Sneakers Classic/Chair Aerobics Kim		9 am Silver Sneakers Yoga Kim		9 am Somatic Yoga Emily	Pool 8-10 am (Adult) 10-Noon (Family)
10 am Water Aerobics Kim	10 am Water Aerobics Kim	10 am Water Aerobics Kim	10 am Water Aerobics Kim		
	6 pm Aqua Zumba Theresa				

Both Wellness Centers have equipment such as treadmills, rowing machine, NuStep, stationary bicycle, weights and more. Classes and "gym" use are included with membership. Members have access to both Wellness Centers. Non-members pay \$5 for classes and gym use. Class schedule is subject to change. 3/19/24



Turn to Better Healthcare.

Membership Prices For New or Renewing Members 2024

We are now offering memberships by the month. You may pay for one month or as many months as you like. IF you pay for an entire year, you receive one free month. Membership is good for both Philippi & Belington.

Membership Category	Per Month	Discount for Year Paid in Full
Individual (1)	\$20	\$220
Couple (2 in same family)	\$25	\$275
Family of (up to 4)	\$30	\$330
<i>Each Additional family member*</i>	\$5 x _____	\$
Senior (60+) Military/Veteran Student (Full time, 25 and under) Barbour Co. First Responder		
Individual (1)	\$15	\$165
Couple (2 in same family)	\$20	\$220
Family of (up to 4)	\$30	\$330
<i>Each additional family member*</i>	\$5 x _____	

We also accept Silver Sneakers, Renew Active, Silver & Fit, and Fit & Active. If you have a question about your insurance coverage of fitness, please call the number on your card.

Membership fees can be paid in cash, check, credit card or automatic withdrawal on a card (3% fee). \$5 per visit for non-member.