Logo, company name

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*Printed: 1/07/25*

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| **Belington Wellness Center Classes \* 70 N. Sturmer St.\* 304-823-1800** | | | | | |
| **M** | **T** | **W** | **T** | **F** | **S** |
| **Facility Open:**  **6 am – 8 pm Monday - Friday**  **8am – 12pm Saturday Closed Sunday**  **Family Swim/Pool Time:**  **3pm – 6pm Monday – Friday 10am – 12pm Saturday** | | | | | **8 am –**  **12 pm** |
| **9 am**  Classic & Seated  Aerobics  with:  hand weights,  resistance bands,  balls, & balance work  w/Kim |  | **9 am**  Yoga & Stretching  seated & standing  w/Kim |  | **9am**  Aerobic Steps  Seated Core  &  Stretching  w/Kim | **Pool**  **8-10 am Adult**  **10-12pm Family** |
| 10 am  **Water Aerobics**  w/Kim | 10 am  **Water Aerobics**  w/Kim | 10 am  **Water Aerobics**  w/Kim | 10 am  **Water Aerobics**  w/Kim |  |
| **3-6pm**  Family Swim Time  (anyone under 18  & accompanied  by an adult) | **3-6pm**  Family Swim  **6-7pm**  Aqua Zumba  w/Theresa | **3-6pm**  Family Swim | **3-6pm**  Family Swim | **3-6pm**  Family Swim |
| Classes are included with paid memberships  Guests are welcome and pay $5 | | | | | |

A logo for a health care company

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

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

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

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