



### **Resident Wellness Program & Fitness Classes**

The Resident Wellness Program provides you with unlimited access to a calendar of fitness classes including water, cardio, strength, and flexibility. If you are interested in taking classes this is a wonderful opportunity to get the most out of your time at the gym alongside friends, family, and other members. The classes will be specifically designed by each instructor to fit the level of participants with progressions and/or modifications from the instructor. Health & Wellness Seminars are offered to be educational, interactive, enlightening, and fun. Presented by professionals and experts from the health industry that promote understanding and implementation of a healthy lifestyle.

**Type of Membership:** Annual

#### **Resident Wellness Fees**

Single: \$325

Family: \$375

#### **Non-member & Guest Fees**

Non-member class fee: \$15

Guest of Resident fee: \$20

*The Resident Wellness Program is for current residents only. Plus applicable sales tax. Program is non-transferable and non-refundable. The Wellness Program includes two adults per household and their children under 21 years of age who are permanent residents of the home. Due to limited space prior registration may be required and is always encouraged. Additional fees may be charged for special classes or seminars. All personal training provided for additional fee. Wellness coaching lifestyle and fitness assessments which include an initial fitness assessment, introductory meeting, lifestyle evaluation, goal setting, and educational material also available for an additional charge.*

We are looking forward to seeing you in the Wellness Center and we are excited for you to be a part of the Esplanade community! The fitness team is committed to be available in every aspect and help you with all of your Fitness and Wellness goals.

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