

Cornerstone Fitness & Wellness

110 Baker Avenue Clanton, AL 35045

Phone: (205) 280-6450

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INITIATION FEES

STUDENT	SR. ADULT	ADULT	SR. COUPLE	COUPLE	FAMILY
\$35.00	\$35.00	\$50.00	\$50.00	\$50.00	\$50.00

There will be a \$65.00 Cancellation Fee for All Cancelled Bank Draft Membership Plans

MEMBERSHIP PLANS

PLANS	1 YEAR PLAN MONTHLY DRAFT	1 YEAR **PIF**	3 MONTH PIF
STUDENT*	\$28.00 / \$336.00	\$336.00	\$112.00
ADULT	\$35.00 / \$420.00	\$420.00	\$140.00
COUPLE	\$45.00 / \$540.00	\$540.00	\$180.00
FAMILY UP TO 4 **	\$50.00 / \$600.00	\$600.00	\$200.00

SENIOR CITIZENS PLANS

ADULT	\$30.00 / \$360.00	\$360.00	\$120.00
COUPLE	\$40.00 / \$480.00	\$480.00	\$160.00

*Parents account ** Additional children under 14 years old cost \$5.00/month—14 years and up \$20/month

*** All Bank Draft contracts must be signed by the person in charge of the account being drafted.

****The initiation fee will be waived for all 1 Year Paid in Full memberships.

SINGLE DAY VISITS

GYM WORKOUTS Pool and Spa not included	WATER AEROBIC CLASS	WATER ARTHRITIS CLASS	LAND AEROBIC CLASS
\$7.00	\$7.00	\$7.00	\$7.00

ASK ABOUT OUR CORPORATE DISCOUNTS. SAVE 10% ON ANY ONE YEAR PLAN.

BUSINESS HOURS

Mon., Tues., Thursday...5:00 am to 9:00 pm
 Wednesday.....5:00 am to 7:00 pm
 Friday.....5:00 am to 6:30 pm
 Saturday.....8:00 am to 12:00 noon

CHILDCARE HOURS

Mon. thru Friday..... 8:00am-10:00 am
 Mon.,.....3:15pm--7:30 pm
 Tues, & Thurs.....4:15 pm -7:30 pm
 Wednesday..... 4:15pm- 5:45 pm

WE OFFER: • Treadmills • Elliptical Cross Trainers • Bikes • Dumbbells • Free Weights • Body Master Machine Weights
 • Personal Training • Workout Programs • Body Fat Analysis • Indoor Heated Pool and Spa • Land Aerobics/Toning Classes
 • Intervals • Absolutely Abs • Water Aerobics • Arthritis Classes • Fit Kids • Walk & Sculpt • *SilverSneakers*[®]
 • Circuit Training • Pilates • Belly Dance • Swim Lessons • Dance Classes • Tae Kwon Do
 • Pool Therapy • Occupational Therapy • Physical Therapy