

SENIOR TRACK MEMBERSHIP



Ascension Genesys Health Club is a great place to walk while avoiding the cold and snowy winter weather.

Get fit and have fun while improving your balance, flexibility, aerobic capacity, and strength with a **Senior Track Membership** at Ascension Genesys Health Club!

Our Senior Track Membership offers (people 55 years or older) access to our indoor, quarter-mile, climate controlled track 5 days a week: Monday—Friday from 11 a.m. to 2 p.m.

Keep active and **STEP IT UP** in comfort at Ascension Genesys Health Club!

Senior Track Membership:

Monday—Friday: 11 a.m. to 2 p.m. only

**Senior Track members allowed access to track only. Wristband required upon check-in.
Current/previous members (within the last 90 days) are ineligible for the Senior Track Membership.*

Monthly Dues:

Individual: \$50.00

Couple: \$10.00

Membership Office Hours:

Monday—Friday: 8:00 a.m. to 5:00 p.m.

Saturday: Closed

Sunday: Closed

To register or for more information, contact Membership Services at (810) 606-7523.

 Stay up to date with Ascension Genesys Health Club updates! Receive special offers and the latest information on all the programs and services you love “real time” on Facebook @AGHCfit and also stay in the loop by visiting us online at www.AscensionGenesysHealthClub.com!

 **Ascension
Genesys**
HEALTH CLUB