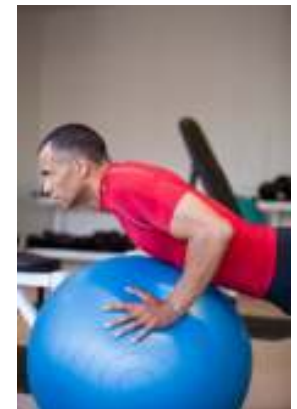


The Miami Dade Wellness Center



Services & Activities

- ◆ Personal Training
- ◆ Fitness Assessments
- ◆ Health & Wellness Presentations
- ◆ Wellness & Social Events
- ◆ Employee Incentive Programs
- ◆ Specialty Classes

*Change your Life
Join Today!*



Center Hours

Monday-Friday 5:30 am-8:00 pm

*Closed during weekends & Dade County
observed holidays*

For more information, contact:
The Wellness Center
(305) 375-5797

**Get
FIT!**



111 NW 1st Street
Miami, FL 33128
Phone: (305) 375-5797

Enjoy the convenience of exercising at the workplace!

Created to enhance the health and wellbeing of employees, **The Miami Dade Wellness Center** is the complete corporate fitness center featuring:

- ◆ Cardio & Resistance Training equipment including:
 - LifeFitness Resistance Training Machines
 - LifeFitness Treadmills, Ellipticals, Upright & Recumbent Bikes
 - Free Weights, and more!
- ◆ Locker Rooms & Showers
- ◆ Personal Training Packages

Reasons to take advantage of the Miami Dade Wellness Center:

1. Employee Benefit Opportunities!
 - All Dade County employees have access to the center for \$6 per pay period (\$12 a month!)
 - Non-County **State or Federal employees** are eligible and pay:
 - 3 months=\$120
 - 6 months=\$204
 - 12 months=\$384
2. Onsite, convenient location at the Stephen P. Clark Center
3. Certified fitness/wellness professionals available to offer training assistance, guidance and encouragement.
4. Health Educational Tools & Screenings
5. Fitness Equipment
6. Wellness Specialty Programs

Personal Training

Your source of motivation and encouragement!



We are committed to helping you see results!

Our trainers will provide you with:

- ◆ Motivation
- ◆ Consistency
- ◆ Safety
- ◆ Effectiveness
- ◆ Variety

Available packages:

- ◆ 6 half-hour sessions: \$125
 - ◆ 12 half-hour sessions: \$250
-
- ◆ 6 hour sessions: \$250
 - ◆ 12 hour sessions: \$500