



810 Fairgrove Church Rd
Hickory, NC 28601
(828)326-3680

Hours of Operation

Monday-Thurs	5:30am-8:30pm
Friday	5:30am-7:30pm
Saturday	7am-2pm
Sunday	1pm-5pm

Services/Programs

- 3 lane, 25 yard, heated indoor lap pool for therapeutic exercise and water exercise classes
- State-of-the-art fitness equipment, including Treadmills, Elliptical trainers, Recumbent bikes, Stationary bikes, Rowing machines, Cybex resistive weight machines, and free weights
- Staff of experts in exercise, nutrition, wellness, and sports medicine, who can provide program development and consultations, exercise assistance, and pre/post measurements
- Aquatics program with open swim and aquatic classes for all levels
- Exercise classes which include cycle, toning, Zumba®, and yoga classes
- Nutrition education classes
- Personal Training (additional charge)

Memberships Include

Unlimited use of facility
Equipment orientation
Personal fitness assessment (if requested)
Locker room with showers
Towel service
Daily lockers for personal items

Corporate
(Verification Required)

Membership Rates



Monthly (bank draft method only):

Single:	\$39.00
Family* of 2:	\$60.00
Additional family* member(s):	\$10.00 each

6-Month Membership:

Single:	\$234.00
Family* of 2:	\$360.00
Additional family* member(s):	\$60.00 each

1 year Membership:

Single:	\$468.00
Family* of 2:	\$720.00
Additional family* member(s):	\$120.00 each

*Family – family is defined as a spouse and /or unmarried children who depend on the member for support until their 23rd birthday.