



Membership Types

- **Family**: Immediate family members living in the same house (includes spouse and children age 12-18 years old)
- **Single + 1**: One adult, plus one additional family member living in the same house (adult, or child age 12-18 years old)
- **Single**: Individual 18 years old or older.

Payment Options

- 3 month paid in full only
- 9 month paid in full or billed monthly
- 12 month paid in full or billed monthly
- Drop in Fee

This 20,000 square foot facility offers:

- Lap pool used for water aerobics classes, lap & open swim.
- A soft-surfaced walking track.
- Nineteen pieces of cardiovascular equipment.
- Twenty strength training machines, free weights, FIT balls, BOSU' trainers, medicine balls and VersaBars.
- Locker rooms.
- Group exercise classes, both studio and water based.
- Other services include: BodyAge assessment, Wellness Screenings, Metabolic Testing, Personal Training, Shrinking Scales and much more!

Every member receives:

- Health Assessment
- Orientation
- Personalized Fitness Program

* For Pricing information, Please call TWC at (319) 332-0850,
or e-mail tbutters@bchealth.info.