

# Tri Valley Wellness Center

24/7

## Key FOB Access

Please let staff know if Key FOB is lost or stolen immediately.

## Membership Rates

	Single	Member + One	Single Senior	Senior + One	Family	Maintenance Single	Maintenance + one
Monthly	\$30.00	\$40.00	\$27.00	\$38.00	\$50.00	\$35.00	\$45.00
EFT Monthly *	\$25.83	\$34.16	\$23.25	\$31.91	\$42.50	\$30.83	\$40.00
Annual	\$310.00	\$410.00	\$279.00	\$383.00	\$510.00	\$370.00	\$480.00
			65 or Sterling Connection Member)	65 or Sterling Connection Member)	Dependents up to the age of 26. Other special circumstances may apply.		

\*EFT: Electronic Fund Transfer

<p>Exercise Class Pass \$6 (Most classes included in Membership)</p> <p>Daily Rate \$6 Please use envelope and place in drop box.</p>	<p>Rehabilitation Services (referred by TVHS Rehabilitation Services) <b>Must have signed ticket</b> From TVHS therapist <b><u>1st Month FREE</u></b></p>	<p>Cardiopulmonary (referred by TVHS Respiratory Therapist) <b>Must have signed ticket</b> From TVHS therapist <b><u>1st Month FREE</u></b></p>	<p>For more information, Contact Wellness Staff @ 308.697.1145</p>
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Yoga Classes—Yoga classes are offered for free virtually by Jordan Lewis on Mondays and Wednesdays. The zoom link to attend these classes is posted on the Tri Valley Wellness Center Facebook page the day of the class.



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