

Quest4Life Wellness Center

By joining Q4L through Caldwell County Schools YOU WILL RECEIVE A DISCOUNT on your monthly dues and joining fees!

Membership Includes:

- * Top of the Line free weight & selectorized equipment
- * cardio equipment (including treadmills, cross-trainers, elliptical machines, upright and recumbent bikes, rowers, and stair steppers)
- * indoor walking/jogging track
- * men's and women's locker rooms equipped with steam rooms, sauna, and whirlpool
- * heated pool
- * group fitness classes taught by certified instructors
- * fitness programming for kids
- * childcare services for children 3 months – 11 years for a small fee
- * Fitness Assessment
- * Exercise program development & supervision by personal trainers with 4 year degrees
- * Staffed all operating hours
- * And much more!

No joining fees during the month of Sept & October 2019 for CCSS employees!

A one-time joining fee is due at enrollment:

	3Month	6 Month	1 Yr
Individual	\$100.00	\$75.00	\$50.00
Spouse*	\$30.00	\$30.00	\$30.00
Student*	\$30.00	\$30.00	\$30.00
Child*	\$15.00	\$15.00	\$15.00

Membership Agreements are for 3 months, 6 months, or 1 year according to the rate below:

	Regular Monthly Rate	CCSS Monthly Rate
Individual	\$52.00	\$42.00
Spouse*		\$31.00
Student* (18-22 years old)		\$22.00
Child* (8-17 years old)		\$15.00

*must be under Individual member

Don't miss this opportunity to join a top rate facility at a discounted rate. Q4L Representatives are available to answer questions, provide tours, and process your enrollment anytime during regular business hours.

Hours of Operation

Monday-Thursday	5:30am-9:00pm
Friday	5:30am-7:30pm
Saturday	8:00am-5:00pm
Sunday	1:00pm-5:00pm

Childcare Hours of Operation

Monday-Thursday	8:15am-12:00pm; 4:00pm-8:00pm
Friday	8:15am-12:00pm; 4:00pm-7:30pm
Saturday	8:00am-12:00pm

Quest4Life
WELLNESS CENTER

a Division of Caldwell Memorial Hospital

Come in for a tour and get a FREE day pass!

Call 758-8753 for more information!!