

MEMBERSHIP INFORMATION

Your membership covers the following with every 3 months of membership:

- 1 hour evaluation that includes
 - Comprehensive health and orthopedic screening
 - Biometric data collection: height, weight, oxygen saturation, blood pressure, heart rate, body mass index (BMI), waist/hip ratio, and body fat percentage
 - Goal setting
 - Nutrition guidance
- 1 hour personal training session to orient you to your personalized strength and conditioning program and exercise prescription. Every three months this program will be updated for you.
- Unlimited use of the facility
- Quarterly reports to your physician(s)
- Regular communication with your physician(s) and other members of your healthcare team
- Onsite medically trained staff to check vital signs as needed, answer questions and facilitate care

We ask for a minimum 3 month commitment so that you may feel the benefits of your personalized exercise program!

Your prescription to better health begins with exercise.



the M.O.G.SM
Medically Oriented Gym

membership & pricing
information

BURGESS HEALTH CENTER

1600 Diamond Street
Onawa, Iowa
PH: 712.423.9287

111 South 5th Street
Mapleton, Iowa
PH: 712.882.2343

INDIVIDUAL MEMBERSHIP

Monthly Rate.....	\$50
Senior (60+) Monthly	\$45
Student Monthly.....	\$45
3 Month Up Front	\$120 (\$40/mo)
Senior 3 Month Up Front	\$105 (\$35/mo)
Student 3 Month Up Front.....	\$105 (\$35/mo)
1 Year Contract (<i>auto payment</i>)	\$40/mo
Senior 1 Year Contract (<i>auto payment</i>).....	\$35/mo
Student 1 Year Contract (<i>auto payment</i>)...	\$35/mo
Burgess Employee (<i>payroll deduct</i>)	\$40/mo

COUPLE MEMBERSHIP

Monthly Rate.....	\$80
3 Month Up Front	\$180 (\$60/mo)
1 Year Contract (<i>auto payment</i>)	\$60/mo
Burgess Employee & Spouse (<i>payroll deduct</i>).....	\$60/mo

SENIOR COUPLE MEMBERSHIP

both 60+

Monthly Rate.....	\$70
3 Month Up Front	\$165 (\$55/mo)
1 Year Contract (<i>auto payment</i>)	\$55/mo

Financial Assistance - up to 50% off of the full monthly rate - is available to those who qualify.

FAMILY MEMBERSHIP

1 Child (ages 12-18)	\$10/mo*
2 Children (ages 12-18)	\$20/mo*
3 Children (ages 12-18)	\$30/mo*
4 Children (ages 12-18)	\$40/mo*
5 Children (ages 12-18)	\$50/mo*
6 Children (ages 12-18)	\$60/mo*

*This is in addition to the parent(s) membership fee being charged. Children who would like to join, without a parent as a member, will pay the “student” rates.

Children, ages 12-15, will not receive a FOB, and must be accompanied by an adult.

ADDITIONAL RATES

Daily Drop In Rate	\$10
MOG Eval and Program Setup.....	\$50
without membership	

Personal Training

1 - 30 minute session.....	\$20
6 - 30 minute sessions	\$100
10 - 30 minute sessions	\$150
Duffle Bag.....	\$20
T-shirts.....	\$10
Drawstring Bag.....	\$10
Water Bottles.....	\$5
Lanyards/Keychains	\$2.50
FOB Deposit.....	\$10
FOB Replacement.....	\$10

COST COMPARISON

Why not cut something from your daily routine, and invest that money in your health?

MOG Membership	\$1.32*/day
Bag of Chips	\$1.49
20 oz Pop	\$1.60
Coffee & Donut.....	\$1.75
Fast Food Meal.....	\$5.29

*Based on average for 3-month membership.

MOG HOURS

FOB access

5 a.m. - 11 p.m.

7 days a week

Staff will be available during regular business hours, and some additional evening and weekend hours.

Please ask the receptionist for more information regarding staff availability.

