

THE WELL

WALNUT WELLNESS CENTER



WALNUT WELLNESS INITIATIVE

The Wellness Center is a major part of the overall wellness initiative started in August of 2013. The initiative brings attention to the importance of taking care of ourselves. Future plans include outdoor fitness zones, safe routes to schools, sidewalk and crossing improvements, and renovation of the walking track, tennis courts and pool.

Questions?
Please contact City Hall

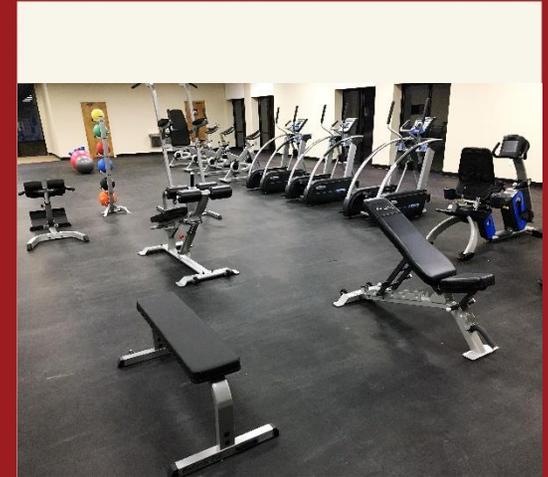
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MISSISSIPPI'S
HEALTHIEST HOMETOWN



Walnut's Wellness Center—The Well, provides access to exercise facilities for thousands people who live in this community. We believe in our hometown, we care about the people who live here, and we are committed to improving the health and wellness of our residents in this generation and the ones to follow. Join us!



WELLNESS



CARDIO



STRENGTH



ACCESS

Reasons You Should Join:

- Major health benefits (improved heart function, muscle strength, mobility, and chronic disease control)
- Stronger mind (improved brain function, circulation, regeneration)
- Weight management (lose unhealthy fat and gain healthy muscle mass)
- Stay motivated (routines and commitments keep you on track)
- Become social (friends and neighbors provide encouragement)
- Uninterrupted workout routines (no issues with excessive heat, cold or rain)

Walnut Wellness Center Membership Rates

(Approved 11 July 2017)

*New and replacement key fobs for 24-hour access will cost \$6 per person



Membership Type	Monthly Fee*	Annualized*	Advance Pay Individual*	Advance Pay Family*
Individual	\$30	\$360	\$330	
Family (add)	\$20	\$600		\$550
Senior Discount**	(\$5)	\$300	\$270	\$490
Veteran Discount**	(\$5)	\$300	\$270	\$490

** Discounts are stackable

Example: a person who is a veteran and 60+ would pay \$20 per month, or \$220 in advance for a year's membership.