

Sparrow Clinton Hospital Fitness Center

Hours: Monday through Friday 5:30 a.m. to 7 p.m. | Saturday 8 a.m. to 2 p.m.

Memberships

Annual Membership

Includes the full use of gym, fitness center and equipment orientation.

Single	\$400
Couple	\$725
Family (Up to Four People)	\$1,025
Six Months	\$265
One Month	\$45
Sparrow Hospital Caregiver	\$30
Gym Day Pass	\$10

Classes and Health Checks are available for purchase.

Pink Card (All Classes & Gym Day Pass)	\$55
White Card (Senior Classes Only)	\$40
Day Pass For One Class	\$10
Fitness Assessment	\$30
<i>Individualized assessment where trained/certified staff work with you to cover medical and exercise history, your goals and test baseline fitness levels; includes body composition, cardiovascular, muscular strength/endurance, flexibility and balance.</i>	
Wellness Checks	\$10
<i>Includes choice of blood pressure, heart rate, and body composition check.</i>	

Personal Training

# of Sessions	1 Hour Member	1 Hour Non-Member	½ Hour Member	½ Hour Non-Member
1	\$50	\$60	\$30	\$35
3	\$140	\$170	\$85	\$100
6	\$275	\$335	\$165	\$195

If you have questions, would like to sign-up for a fitness class or schedule personal training please call **989.224.1575, ext. 3.**

