

JACKSON COUNTY HOSPITAL WELLNESS CENTER



Take the 1st step toward a healthier life

Hours of Operation:

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

Pool will be reserved from 10:00 am -12:00 pm and 1:00 - 3:00 pm
Monday - Friday for the Physical Therapy Department

Membership Rates:

	Monthly	Annual
Adult (17-64)	\$40	\$400
Senior (65+)	\$25	\$250

Corporate and group rates available

COMING SOON

Memberships Available



Classroom Exercise



Aquatic Exercise Classes