

WHY HEALTH STRATEGIES? Health Strategies has the Best Fitness Advice

- Health Strategies is medically-based ensuring that its wellness programs are medically sound.
- Health Strategies' programs are designed by health professionals.
- Health Strategies professional staff are specialists with bachelor's and master's degrees in exercise science.

Our Membership Services

- Massage Therapy
- Personal Training
- 25 meter, four-lane indoor pool
- Three-lane, cushioned, indoor track
- Separate aerobics room specially designed for group fitness classes & clinics
- Full-size gymnasium & racquetball courts
- Locker rooms with saunas, towel service & amenities
- Spacious exercise area with weight-training & exercise equipment
- An on-site child care center

Exercise, Education & Behavior Modification Services

- Weight Management Program
- Nutrition Services / Personal Coaching
- Fall Prevention Class
- Education Lectures
- Self-Pay Supervised Exercise
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And a program that's designed just for you:

At Health Strategies, members can work one-on-one with a Fitness Specialist to determine your individual exercise level and develop a personalized exercise program. Exercise programs will include all aspects of fitness. After you have started with your Personal Fitness Plan, you may consult with a Fitness Specialist for program continuation. This service is FREE to members. Appointments are to be made at the Information Desk.

Health Strategies
551 North Hillside Ave. (Suite #102)
Wichita, KS 67214
(316) 962-8015

Find out about our Corporate Membership Rates
Download Membership Application Membership Fees

Type	Monthly Draft	Quarterly Payment	Annual Payment	Administrative Fee
COMMUNITY SINGLE	\$45.00	\$135.00	\$495.00	\$50.00
COMMUNITY FAMILY*	\$68.00	\$204.00	\$748.00	\$50.00
SENIOR SINGLE(age: 60+)	\$35.00	\$105.00	\$385.00	FREE
SENIOR FAMILY(age: 60+)	\$48.00	\$144.00	\$528.00	FREE

DAY FEE

Individual	\$8.00
Guest 5 Punch Card	\$30.00
Guest 10 Punch Card	\$50.00