



Would you like to exercise for  
**FREE?**



STM & STW Employees, spouses and dependents can earn a **FREE** membership by remaining a “**REGULAR USER**” of the Wellness Center.

Contact us or stop by for more information.  
615.222-2056

3<sup>rd</sup> Floor S & E Building, next to Employee Health

**Membership Includes:**

- Onsite fitness facility access
- Group fitness classes
- Personalized exercise programs
- One-on-one training
- Cardio and strength equipment

Cost is based on your Job Grade per month: \$20, \$25, \$30

**Hours:**

M-TH 5:00am-8:00pm

Fri 5:00am-7:00pm

Sat 8:00am-3:00pm

Sun 10:00am-3:00pm

