

look good. feel good.
get into shape.

We offer a wide variety of group classes including Indoor Cycling Yoga, Pilates, Toning and Cardio to meet every fitness level, age group, skill set and comfort level. Our instructors are chosen for their knowledge, experience and passion for helping others achieve their fitness goals.

Annual Memberships:

Single Adult: \$414.00
Adult Spouse: \$207.00
Senior Adult: \$373.00
Senior Adult Spouse: \$187.00
EFT \$35.00/month
EFT Spouse \$17.50/month
Senior/Corporate EFT \$33.00/month

Monthly Memberships:

Six Month Adult: \$265.00
Three Month Adult : \$158.00
One Month Adult: \$61.00
One Week Pass: \$39.00
One Day Pass: \$8.00
Initiation Fee: \$50.00

Daily Guest Passes:

Guest Pass: \$8.00
Members Guest: \$5.00

Class Fees:

Members: \$5.00
Non-Members: \$7.00
Cycling & Water Members \$6.00
Cycling & Water Non-Members \$8.00

Class Cards

(10 classes for the price of 8)
Members: \$40.00
Non-Members: \$56.00
Aqua/Cycling
Member: \$48.00
Non-Member: \$64.00

Massage Therapy

Members: \$60.00/Hour
\$45.00/Half Hour

Non-Members: \$65.00/Hour
\$50.00/Half Hour

Massage Therapy by Appointment Only
Call (815) 777-4969.

Business Membership Program:

Midwest Health & Fitness Center can help you improve the health and wellness of your employees. Many recent studies have shown that a healthy employee is a productive member of your team. We can design an employee fitness and business membership program that meets your organization's specific needs.

Fitness Hours:

Monday - Thursday: 5:30 am to 7:30 pm
Friday: 5:30 am to 7:00 pm
Saturday: 7:00 am to 12:00 pm
Sunday: Closed


**Midwest Health
& Fitness Center**SM
Located In Midwest Medical Center
One Medical Center Drive
Galena, IL 61036
(815) 777-4960
MidwestMedicalCenter.org


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& Fitness Center**SM
(815)777-4960

**Caring
Compassionate
& Personal**



we have something
for everyone

Our facility is located on the state-of-the-art campus of Midwest Medical Center where healthcare and hospitality are fused together to create an outstanding environment for health, wellness and healing. We can't wait to show you all we have to offer.

There is no fitness center like what you will experience at Midwest. More space for equipment, an adjoining fully appointed exercise studio, spacious his/her locker rooms, ample parking, and an amazing view of the rolling hills of Galena.



take advantage of our
membership benefits

- ~ Treadmills
- ~ Bikes
- ~ Ellipticals
- ~ Steppers
- ~ Olympic Weights
- ~ Dumbbells
- ~ Weight Machines

get slimmer and trimmer with our
Personal Training & Lifestyle & Weight Management Coaching

The fitness center offers very personal service every day, but we want you to know we offer one-on-one Personal Training and Lifestyle and Weight Management Coaching if you need it or would just prefer to work with one of our trainers specifically.

Personal Training: \$60.00/hour
Yoga/Pilates Personal Training: \$75.00/hour
1/2 hour sessions available
Weight Management: \$75.00/hour



all ages. all fitness levels. all abilities.

Our team of professional fitness trainers continues to be dedicated to you and your family. Our mission to be the area leaders in promoting and maintaining the health and wellness of the communities we serve remains. We are a staff with expertise. We know that it's not enough to know how exercise machines work. What's important, is that we understand how the body works. The Midwest Health & Fitness Center team has advanced degrees in fitness, exercise and related studies. And, with a strong connection to Midwest Health Clinic physicians and nursing professionals, we are your fast track to care when you need it.