

Community Fitness & Wellness Center



Hours: Monday—Friday: 6am—8pm Saturday & Sunday 8am—2pm

Operated by City of Port St Lucie Fitness staff from the Humana Fitness & Wellness Center at the Civic Center

For more information call (772) 873 -6432

Membership Types	Daily	Monthly	Monthly Withdrawal	Annual
Adult	\$5	\$33	\$30	\$300
Student/Senior	\$4	\$30	\$27	\$270
Youth	\$3	\$25	\$22	\$220
12 Month Contract	N/A	N/A	N/A	\$19.95 *

*auto deduction from credit or checking account

Prices and schedule are subject to change without notice

Cash, Checks & Credit Cards accepted

Above rates include use of both fitness locations at the Civic Center and the Community Center

Monday	Tuesday	Wednesday	Thursday	Friday
SilverSneakers Senior Fit 9:00-9:50	Senior Fitness 9:00-9:50	SilverSneakers Yoga Stretch 9:00-9:50	SilverSneakers Senior Fitness 9:00-9:50	Senior Fitness 9:00-9:50
Cardio Circuit 10:00-10:50	Senior Fitness 10:00-10:50	Zumba Gold 10:00-10:50	Cardio Circuit 10:00-10:50	Zumba Gold 10:00-10:50
Body Sculpt 11:30-12:20	Gentle Yoga 11:00-11:50	Gentle Yoga 11:00-11:50	Body Sculpt 11:30-12:20	Chair Yoga Stretch 11:00-11:50

Total Body Workout
12:30-1:20

Personal Training available by certified trainers on staff at low rates.

Our Mission is to get you fit !