

# Wake Forest University School of Medicine Fitness Center

The WFUSM's Fitness Center is here to provide you with the motivation and resources you need to reach your health and fitness goals, in a comfortable & friendly atmosphere.

## Hours:

Monday - Friday: 6 AM - 9 PM

Saturday: 9 AM - 6 PM

Sunday: 12 PM - 6 PM

## Membership Fees:

### Wake Forest School of Medicine

➤ Medical, Physician Asst, and Grad Students	Free	
➤ Staff	\$14 Monthly	\$168 per year
➤ Faculty	\$20 Monthly	\$240 per year
➤ Fellows	\$12 Monthly	\$144 per year

### North Carolina Baptist Hospitals, Inc

➤ Med Tech students	Free	
➤ Staff	\$14 Monthly	\$168 per year
➤ Resident Physicians		
○ 1 <sup>st</sup> year House Officer	\$2.00 Biweekly	\$52 per year
○ Each year thereafter	\$5.53 Biweekly	\$144 per year

### Other Available Memberships

➤ Spouses of above described members	\$16 Monthly	\$192 per year
➤ Children of members (16-24)	\$15 Monthly	\$5 Biweekly
➤ Contract Employees (cash only)	6 month membership (min)	\$200 per year
	\$25 - 1 Month	
	\$50 - 4 Month	

### Programs/ Facilities:

Exercise prescriptions; fitness orientations; daily lockers; shower facilities; steam rooms; towel availability; lots of exercise classes

### Exercise Equipment:

Nautilus 2ST strength training machines; Precor Treadmills; Precor Elliptical Trainers; Stairmaster climbers; Upright and Recumbent bikes; free weights; rowing machines

Please contact us for more information on how to enjoy the benefits of regular exercise, higher self-esteem, increased energy, relief of stress, and improvement in your overall quality of life!!

(336) 716-6953 | E-Floor | Hanes Building | Michelle Masten - Fitness Center Manager