

FITNESS

12-Week PEAK Wellness



Motivation, education and personalized coaching make this program an opportunity that you shouldn't pass up!

Let our team guide you through this intensive 12-week wellness program. Participants meet in groups twice a week for workout sessions with one of our Certified Personal Trainers in addition to meeting regularly with a Registered Dietician.

Please contact our Fitness Manager Gretchen at 231-924-1781 to start your guided personal training experience!

Citizens: \$750

Non-Citizens: \$900

PEAK Returners: \$550

