

Countdown Passes

5 Visits (\$9 per visit)	\$45
10 Visits (\$8 per visit)	\$80
25 Visits (\$6 per visit)	\$150
50 Visits (\$5 per visit)	\$250

Day Passes are regularly \$10 per day

Visits do not expire!

No annual agreement!

Full access to facility including classes!

(excludes QuestFit)

Class Passes

10 classes + 1 class FREE	\$45 \$4.50 per class
15 classes + 1 class FREE	\$60 \$4 per class
25 classes + 2 classes FREE	\$75 \$3 per class

Class Passes are regularly \$5 each for non-member

Passes can be redeemed for any group fitness class we offer

(excludes QuestFit)

Floor Membership

Allows for use of the main level fitness floor, lockers, showers and whirlpool area only.

Individual

\$35

Spouse

\$22

(of individual member)

Young Adult - ages 18 to 25

\$15

(of individual member)

Child - ages 8 to 17

\$10

(of individual member)

Family Plans

Allows full access to the facility.

Individual

Spouse

2 Children (ages 8 to 17)

\$108/month

Senior (62+)

Senior Spouse

\$61/month

*No corporate rates for Floor Membership or Family Plan.

*Maintenance Fee applies.

Corporate

Heart Check Profiles

Heart Check Profiles consist of total Cholesterol, HDL, LDL, Triglycerides, and Glucose.

Wellness Packages are available for corporates upon request. Call Lori Starnes at (828)757-6220 for more information.

Corporate Memberships

Quest4Life offers an open enrollment period in which company employees (and their spouse/children) receive a discounted monthly rate.

Please call Pam Annas at (828)758-8753 for more information or if you would like to set up a corporate membership.

Track Membership

\$27 per month for Individuals

\$20 per month for Spouses

(under an individual)

Allows for use of the track, showers and lockers only.

JOIN NOW!

Monthly Membership Fees

Individual

\$52

Spouse

(of individual member)

\$31

Young Adult ~ ages 18-25

(of individual member)

\$25

Individual Young Adult

\$39

Child ~ ages 8 to 17

(of individual member)

\$15

Senior ~ ages 62 and up

\$39

Senior Spouse

(of senior member)

\$22

Maintenance Fee

\$40 annual fee will be assessed the first month after joining. This is for the main member and everyone on the account (not \$40 per person).

Comprehensive Fitness Evaluation

Exercise program development and supervision by professional, medically-oriented staff

Open hours staffed by trainers with 4 year degrees

Indoor Walking/Jogging Track

Men's and Women's locker rooms equipped with steam room, sauna, and whirlpool

Group Fitness Classes

Health Promotion Classes

Childcare service for children ages 3 months to 11 years (fees apply)

Fitness programming for kids

Quest4Life
WELLNESS CENTER

A Division of Caldwell Memorial Hospital



1031 Morganton Blvd SW

Suite A

Lenoir, NC 28645

(828) 758-8753

Facility Hours:

Mon.– Thu.: 5:30 am ~ 9:00 pm

Fri.: 5:30 am ~ 7:30 pm

Sat.: 8 am ~ 5 pm

Sun.: 1 pm ~ 5 pm

Our mission is to promote healthy lifestyles for our community using a balanced focus on health, nutrition, fitness, and knowledge in a medically-affiliated wellness center.