

Cary Grossman Health & Wellness Center

Monthly Memberships	Monthly Individual Cost
Community Member	\$35
Team Member	No Charge

Personal Training	Member Cost	TM Cost	Non-Member
Private ½ hour	\$45		\$50
Private 45 minutes	\$55		\$60
Private 1 hour	\$63		\$68
Semi-Private 1 hour	\$73		\$78

Wellness Services	Member Cost	TM Cost	Non-Member
Fitness Classes**	\$5 per class	\$5	\$12 per class
Initial Orientation [^]	\$50	Free	
Fitness Assessment ^{^^}	\$25	Free	\$50

Massage Services	Member Cost	TM Cost	Non-Member
Medical Massage 30	\$52		\$57
Medical Massage 50	\$84		\$89
90 Minute Massage	\$115		\$120
Craniosacral Massage 50	\$125.00		\$130

Hours of Operation

Monday-Friday 7:00 am – 6:00 pm
(Hours subject to change)
1004 S. Old Dixie Hwy, Jupiter FL 33458
Phone (561) 263-5775 Fax (561) 263- 5776

All Services Require an Appointment

** Must be 16 or older.

[^] Initial Orientation includes a facility and equipment orientation, individualized exercise prescription plan, and goal setting. Required with initial sign-up.

^{^^} Fitness Assessment includes BMI, height/weight, cardiovascular testing, muscular strength testing, and flexibility testing.

Updated 11/29/23