

Cary Grossman Health & Wellness Center

Monthly Memberships	Individual Cost	Additional Family Member(s)*
Community	\$60	\$30
Auxiliary	\$35	\$30
Medical Fitness**	\$35	\$30
Corporate Partnerships	\$35	\$30
Team Member	Free	\$30

Personal Training	Member Cost	TM Cost	Non-Member
Private 1 hour	\$60	\$25	\$65
Private ½ hour	\$45	\$15	\$50
Semi-Private 1 hour	\$70		\$75

Classes***	Member Cost per class	TM Cost per class	Non-Member Per Class
Fitness Classes	\$5	Free	\$10
Aquacise	Free	Free	\$12

Massage Services	25 Minutes	55 Minutes	90 Minutes
Swedish/Relaxation		\$65	\$90
Therapeutic/ Firm Pressure		\$75	
Medical	\$45		
Team Member Discount		\$10.00 off	\$10.00 off

Guest Pass	Cost
Day Pass	\$10
Week Pass	\$25

Hours of Operation¹

Monday-Friday 6:30am – 7:00pm Saturday 8:00am-2:00pm Sunday Closed

*1004 S. Old Dixie Hwy, Jupiter FL 33458
Phone (561) 263-5775 Fax (561) 263- 5776*

*Family members limited to spouse, domestic partner, and unmarried children dependent on the primary member. Must be 16 or older.

**To be eligible, must have completed JMC's Diabetes program, Cardiac/Pulmonary Rehab, and/or have received treatment for Cancer in the past 5 years. Physician referral required.

*** Minimum participation of 2 required to hold a class.

^^Fitness Assessment includes BMI, height/weight, Body Fat %, cardiovascular testing, muscular strength testing, and flexibility testing.

^* Initial Orientation includes a facility and equipment orientation, individualized exercise prescription plan, and goal setting.

¹Hours are subject to change.