

Cary Grossman Health & Wellness Center

Monthly Memberships	Individual Cost	Additional Family Member(s)*
Community Member	\$35	\$35
Stay on Track Member (Two 15-Minute Check-Ins)	\$60	\$60
Stay on Track Member (Four 15-Minute Check-Ins)	\$85	\$85
Team Member	Free	\$35

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

Wellness Services	Member Cost	TM Cost	Non-Member
Fitness Classes**	\$5 per class	\$5 per class	\$10 per class
Initial Orientation [^]	\$50	Free	\$75.00
Fitness Assessment ^{^^}	\$25	\$25	\$25
Health Coaching Consult	Free	Free	Free
Health Coaching -1 hour	\$80	\$70	\$95

Massage Services	25 Minutes	55 Minutes	90 Minutes
Swedish/Relaxation		\$65	\$90
Therapeutic/ Firm Pressure		\$75	
Medical	\$45		
Team Member Discount		\$5.00 off	\$5.00 off

Hours of Operation

Monday-Friday 7:00 am – 6:00 pm
 Saturday 8:00 am to 12:00 pm (Seasonal)
 (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

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

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

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

^{^^} Fitness Assessment includes BMI, height/weight, Body Fat %, cardiovascular testing, muscular strength testing, and flexibility testing. Hours are subject to change.