



REGULAR USER REWARDS PROGRAM

Exercise for **FREE**

ASSOCIATE, SPOUSE AND DEPENDENTS REGULAR USER PROGRAM

Saint Thomas Health Employees, their spouse and dependents can earn a **FREE** membership.

Each calendar year contains four quarters ([Jan-Mar](#), [Apr-Jun](#), [Jul-Sep](#), [Oct-Dec](#)). Exercise at the Wellness Center 12 times per month, each quarter, and your dues will be **FREE** the following quarter. If you do not qualify during a particular quarter, your dues will return to the regular rate for the next quarter.

For more information, contact
The Wellness Center at
615.396.5500 or visit
healthcare.ascension.org



WELLNESS CENTER