

Daily Fees:

Facility	\$2
Fitness Class	\$3
Facility & One Class	\$4
Shower	\$1

Weekly Fees:

Weekly Pass Seven (7) Consecutive Days	\$7
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Punch Cards:

Showers (24)	\$10
Fitness Classes (14)	\$30

Monthly Fees:

Facility	\$20
Family Facility	\$40
Facility & Classes	\$35
Family Facility & Classes (Unlimited Use)	\$55
Lockers (per month)	\$8

Lockers may be used on a daily basis at no cost. If you wish to leave items overnight, you must rent a locker on a monthly basis. There is a waiting list for monthly rental lockers, sign up at the front desk. ESTEP reserves the right to cut any lock left on a daily usage locker overnight or when rent is past due.

Miscellaneous Fees:

Microfit Assessment	\$25
Unit PT / Group Class	\$35
Personal Trainer (Per Hour)	\$20

Childcare

Childcare (Per Hour)	\$3
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Childcare is available Monday through Friday from 9am – 12pm. Available in evenings during ZUMBA class only. Children must be 6 weeks of age and up to 12 years of age and registered with CYSS.

Other Important Information

Children 13-15 years of age must be accompanied by a parent to use ESTEP Wellness Center. Fitness class patrons must be age 16. Note: age limit for indoor cycling is 18 years old.



We are accessible to the physically disabled.

ESTEP WELLNESS CENTER

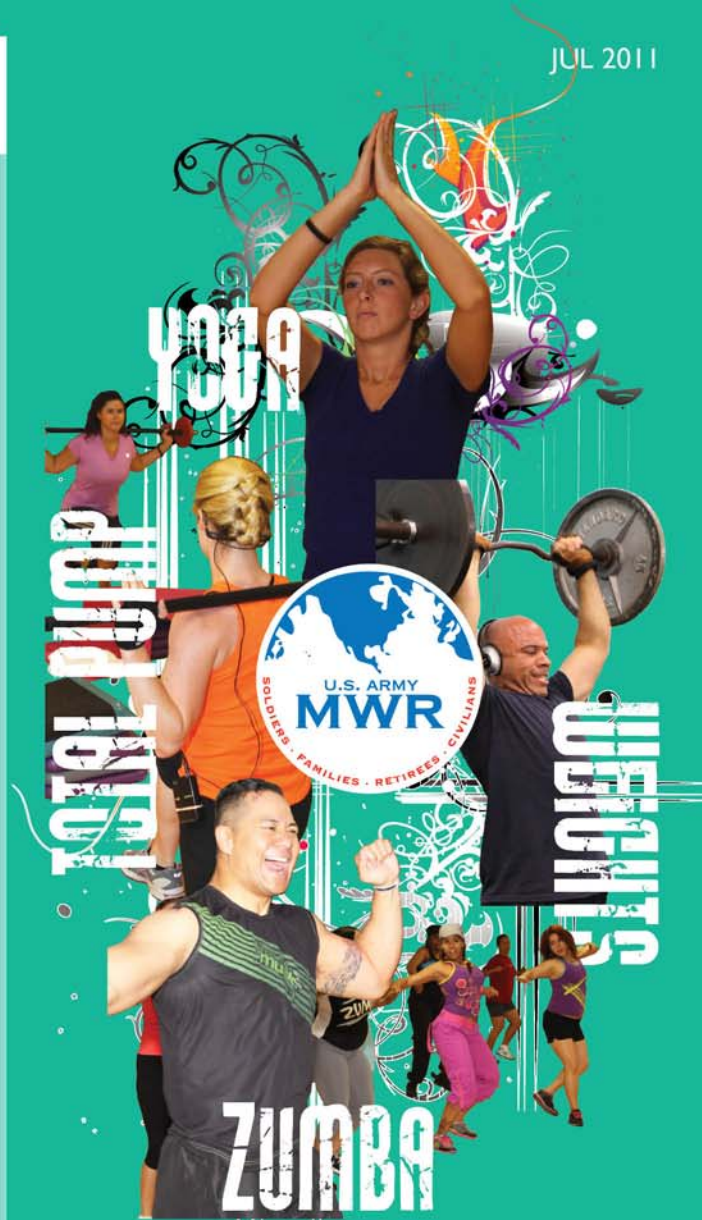
Hours of Operation:

Monday – Friday
5:00am – 9:00pm

Saturday
7:00am – 6:00pm

Sunday
10:00am – 6:00pm

Holidays & DONASAS
7:00am – 6:00pm



ESTEP WELLNESS CENTER

2270 Kentucky Ave

(270) 798-4664/4023

NO CONTRACTS for membership!
Estep is open to all Active Duty, Retirees, Reservists, National Guard, DoD Civilians, contractors, Family Members and guests.



Welcome To ESTEP Wellness Center

While other fitness facilities have contracts, requirements, and an application process, Estep Wellness Center is committed to providing you the best equipment and customer service for a small customized fee. Our facility offers a variety of fitness opportunities. This type of flexibility allows Estep Wellness Center to fit every patron's needs. We offer free weights, strength and resistance training machines, cardiovascular machines, aerobic classes, and so much more. The Estep Wellness Center also provides you with a sauna, steam room and a 1,000 gallon whirlpool. Our well certified and friendly staff are trained in exercise physiology, strength training, cardiovascular conditioning, circuit training, weight loss, nutrition, body building, and fitness classes.

For those in need of child care, Estep Wellness Center provides hourly care, Monday through Friday at a very low cost. Children must be between 6 weeks of age up to 12 years old and must be enrolled in Child, Youth & School Services (CYSS).

Comprehensive Fitness Assessments:

Utilizes the computerized Microfit program to assess your physical fitness and enable you to track your progress.

AEROBIC PROGRAM: All classes will have a 10-12 minute warm up with dynamic stretching and movement rehearsal prior to the cardio section. Some classes may include a small strengthening segment and all classes will include a cool down and static stretching. There are classes specifically designed for strengthening and classes specifically designed for Cardiovascular endurance training.

UNIT PT: For the Soldier(s) tired of the same old workout (PT). Estep offers the class room, a certified instructor, and the format of your choice to combat the boredom effect seen commonly in many fit Soldiers. Reserve in advance and pay thirty-five dollars. Available Tuesdays and Thursdays from 0630-0730.

BOOT CAMP: One high intensity workout! Using a range of plyometric and calisthenic training drills. This program strengthens and tones the entire body. Primary focus: up the notch in your overall existing fitness levels.

STEP PLUS: This workout's primary focus is coordinated movements on and off the step to increase the fat burn in the lower body while getting the heart rate to at least 60 percent of its max. It will consist of a warm up, step aerobics with a little funk and the plus means plus a little something else to include kickboxing, dancing, Pilates and toning exercises. Primary focus: get up, Get motivated and get into great shape.

YOGA/FIT: This is a yoga format eliminating the spiritual to accommodate the fitness oriented individual. You will learn how to breathe while moving from one pose to the next with fluidity and grace. Yoga can elicit a cardiovascular effect while lengthening and strengthening the entire body and increasing joint mobility. (Note: this format will burn calories up to 4 days after). Primary focus: increase mind body connection, strengthen the entire body and increase flexibility and improve overall wellbeing.

ZUMBA: This is a Latin-inspired, dance fitness class that incorporates Latin and international music and dance movement which creates a dynamic, exciting and effective fitness system. This class format combines fast and slow rhythms that tone and sculpt the body in an aerobic/fitness fashion. You will feel like you are at a party rather than a fitness class, this is why Zumba's theme is "Ditch the Workout and Join the Party". Primary focus: create a fun atmosphere to sculpt tone and move the entire body.

TURBO KICK: The ultimate cardiovascular challenge that combines movements, patterns and agility training specific to the sport of kickboxing (includes many forms). A high energy class that keeps your feet moving and heart rate revved. The muscular power gained is priceless. Primary focus: gain strength, burn calories and improve coordination.

INDOOR CYCLING: A truly fantastic cardio class. Using stationary bikes the instructor simulates an outdoor bike ride that may include: traveling on flat roads, climbing hills, sprinting and jumps. In addition to the high caloric burn the lower body will tone and firm. Primary Focus: Tone and strengthen the lower body while expending major calories aerobically.

BELLY DANCE: A 6-week program for clients to experience professional instruction from a professional belly dancer. The client will be introduced to beginning dance vocabulary; they will learn to create sensual and exotic movements with their hips, shoulders, and torso. It is a class that's sure to wake up the body through improvement of flexibility and strength. The class will be asked at the end of the program with the choreographed performance students have worked on for the six weeks showcasing their skills and to further promote the program.

TOTAL PUMP: We are proud to claim this class as Estep's own, designed and choreographed by our own instructors and targeting both genders. A fun, energetic weight training class that strengthens the entire body. Class is performed to music using free weights, barbells and an aerobic step. You choose your weights based on the exercise and your personal goals. This 60-minute workout challenges all your major muscle groups by using the best weight-room exercises like squats, presses, lifts and curls. This class will make you strong, give you confidence, and make daily activities easier! You'll tone your muscles and raise your metabolism...which causes you to burn more calories 24 hours a day. You'll even burn more calories while you're sleeping! Great music and your choice of weight will inspire you to get the results you came for — and fast! A great class for beginners and gym rats alike. Come feel the burn!

CARDIO KICKBOXING: A very challenging way to get fit. This class is designed to utilize modified martial arts formats to include boxing to get you moving. This is a no-contact very athletic format to increase endurance, strength, agility, motor skills and flexibility.