

ABOUT US

Facility

The Western Wellness Center is newly renovated and includes a modern appearance, open concept and new equipment. The facility offers an array of services and activities to meet the needs of all members to improve their health and wellness

Staff

Our staff have a broad range of health and wellness certifications and experience. The Wellness Center is home to Personal Trainers, Massage Therapist, and Group Fitness Instructors. We strive to deliver excellent customer service, develop personal relationships, and create a safe and comfortable environment

Equipment

A variety of strength and aerobic equipment is available to members to help meet anyone's needs. A free equipment orientation is available to all members

Personal Training

Certified Personal Trainers are available to members of Wellness Center. Personal Trainers will establish an exercise program that is practical, efficient, safe, and results-oriented. We offer individual and partner training packages

Group Fitness

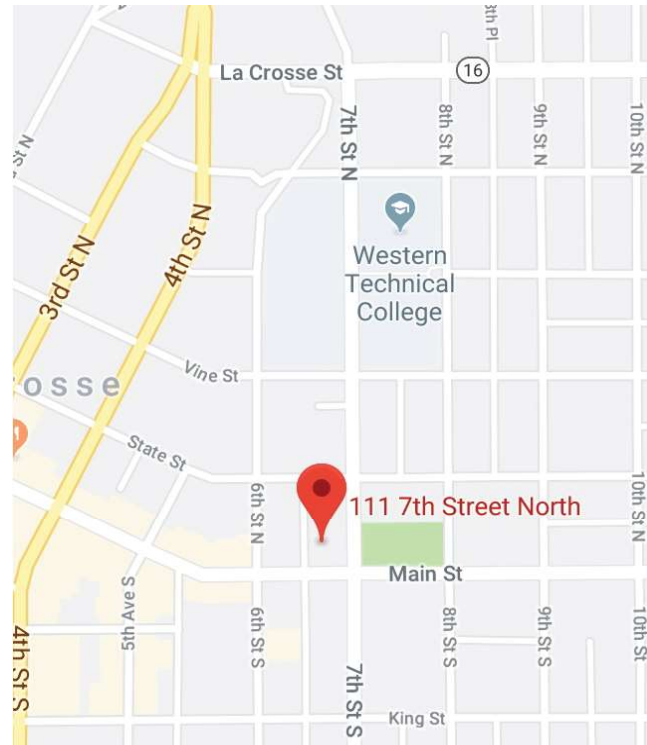
The Wellness Center offers a variety of group fitness classes throughout the year. Our experienced instructors create fun and challenging workouts for all fitness levels

Masage Therapy

Massage Therapy services are available on-site at the Wellness Center. Massage therapy can provide relaxation and stress relief, improved flexibility and circulation, increased energy and relief from injury

DIRECTIONS

LOCATED CONVENIENTLY IN
DOWNTOWN LA CROSSE



WESTERN WELLNESS CENTER

📍 111 7th Street North,
La Crosse, WI 54601

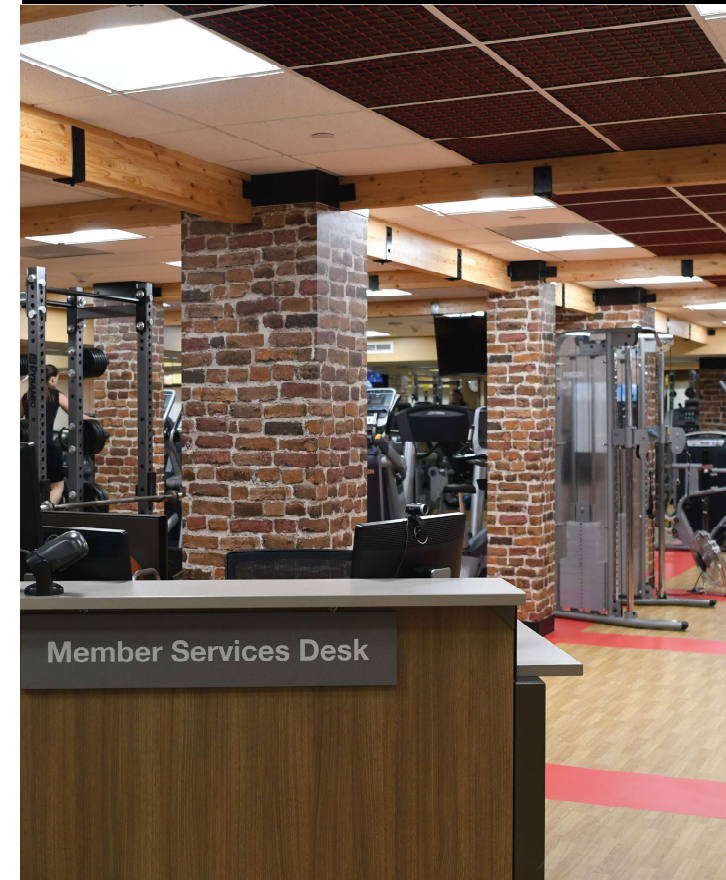
☎ 608-785-9443

✉ wellnesscenter@westerntc.edu

💻 westerntc.edu/wellness-center

📘 <https://www.facebook.com/Western-Technical-College-Wellness-Center>

Membership Information



WESTERN
WELLNESS
CENTER

111 7th Street North, La Crosse, WI 54601

PRICING

\$20

Per Semester

1. STUDENTS W/6+ CREDITS

Includes full access to the facility for the full semester. No classes are included unless otherwise noted.

\$27

Per Month

2. STUDENTS W/6- CREDITS

Includes full access to the facility for the full semester. No classes are included unless otherwise noted.

\$27

Per Month

3. STAFF/ALUMNI/RETIREE

Includes full access to the facility for the full semester. No classes are included unless otherwise noted.

\$38

Per Month

4. SPOUSE

Includes full access to the facility for the full semester. No classes are included unless otherwise noted.

\$38

Per Month

5. COMMUNITY MEMBER

Includes full access to the facility for the full semester. No classes are included unless otherwise noted.

Being a member of the Western Wellness Center includes various benefits such as receiving discounted rates on group fitness classes, personal training, and massage therapy. Members also receive information on discounts and upcoming specials!

DROP INS

FACILITY DROP IN: **\$8**

GROUP FITNESS DROP IN: **\$10/class**

WEEK PASS: **\$20**

DISCOUNTS

There are a variety of ways to keep your rates at a reduced price. Choose the one that works best for you below!

1 SEMESTER PAID IN FULL

Semester Rate (Monthly):

1. \$20
2. \$94 (\$23.50)
3. \$94 (\$23.50)
4. \$114 (\$28.50)
5. \$134 (\$33.50)

1 YEAR PAID IN FULL

Annual Rate (Monthly):

1. NA
2. \$225 (\$18.75)
3. \$225 (\$18.75)
4. \$265 (\$22.08)
5. \$350 (\$29.16)



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GROUP FITNESS CLASSES

SEMESTER RATES

UNLIMITED GROUP FIT PASS

Student	\$12
Member	\$19
Non-Member	\$54

15-CLASS GROUP FIT PASS

Student	\$12
Member	\$19
Non-Member	\$54

**All classes are 45 minutes in length*

HOURS

Monday - Thursday

6 a.m. - 9 p.m.

Friday

6 a.m. - 6 p.m.

***Saturday**

10 a.m. - 3 p.m.

*Weekend hours are only in effect from September through April. The Wellness Center is also closed on all official college holidays. Summer hours are subject to change as posted.