



## OUR MISSION

The Wellness Center(s) is dedicated to fostering and encouraging patients and community residents to adopt active healthy wellness habits that, directly enhance their quality of life, longevity and happiness.



## OUR VISION

Our vision is to shape the future of wellness in our community by redefining and recreating what it means to be well and provide resources that allow individuals to achieve healthier lifestyles.



## HSI WELLNESS CENTER LOCATIONS

### River Region Wellness Center

1765 Plum Street  
Montgomery, AL 36107  
Phone: (334) 420-0280  
M-F: 6 a.m. - 8 p.m.  
Saturday: 9 a.m. - 2 p.m.

### Hayneville Wellness Center

10 Pine Street  
Hayneville, AL 35404  
Phone: (334) 548-5410  
M-F: 6 a.m. - 8 p.m.  
Saturday: 9 a.m. - 2 p.m.



Like us on Facebook

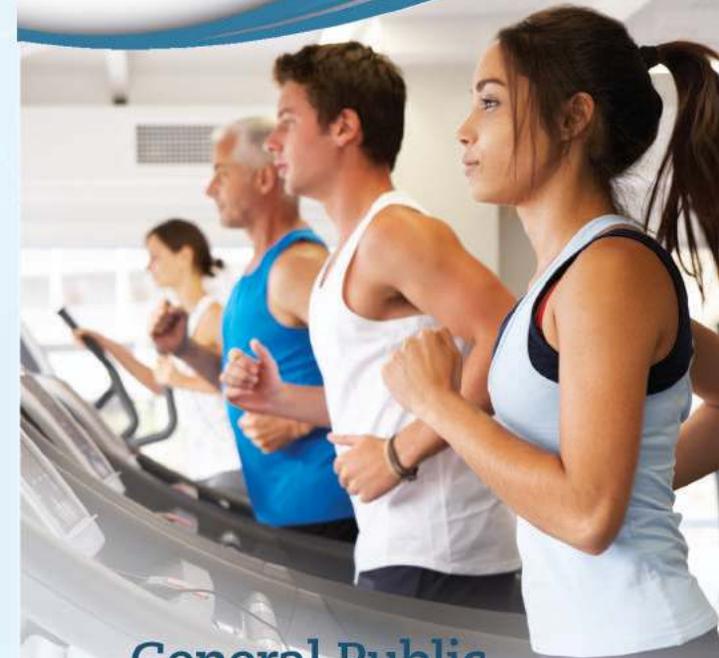
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**HEALTH SERVICES, INC.**



General Public  
**Wellness Centers**  
RIVER REGION | HAYNEVILLE



The Joint Commission  
National Quality Approval



# A body in motion stays in motion.

## MEMBERSHIPS

- PREMIUM - \$12.00: Fitness equipment use only
- SUPREME - \$14.00: Group Fitness Classes only
- MEGA - \$16.00: All inclusive (facility use & group classes)

*Discounts applicable to Health Services Inc. & Jackson Hospital employees only.*

- \$10.00 enrollment fee
- NO CASH: Check, credit, debit or money order only
- No annual contract
- Personal training packages
- Friendly environment

## FITNESS CLASSES

- ZUMBA
- YOGA/PILATES
- POUND
- KONGA
- CARDIO SCULPTING AND MORE....



## PERSONAL TRAINING

### PACKAGE OPTIONS:

- Copper - \$20.00: 1 training session
- Bronze - \$45.0 : 3 training sessions
- Silver - \$70.00: 6 training sessions
- Gold - \$90.00: 9 training session
- Platinum - \$135.00: 14 training sessions

### MEMBER RATES ONLY

*Training Sessions are 45 minutes long.  
Appointments must be made in advance.*



## STAFF

*(CPT - Certified Personal Trainer)*

**Summer Averhart**  
Director of Wellness, CPT

**Angela Sanders**  
Assistant Director of Wellness, CPT

**Staci Smith**  
Administrative Assistant

**Anthony Haywood**  
Wellness Advocate, CPT  
River Region

**J'Mari Davis**  
Wellness Advocate, CPT  
Hayneville