

## Membership prices

	INDIVIDUAL	FAMILY
Yearly	\$220	\$440
6 months	\$110	\$220
3 months	\$55	\$110
Monthly	\$20	\$40
Daily	\$4	\$10

### Membership joining Fee

Individual \$20.00 Family \$30.00

## Corporate pricing

15% off on a 3-month membership for companies that sign up 8 or more employees

## Rental rates

### Pool

When pool is open to the public \$2/person  
Swim ticket, good for 12 swims \$20

After regular pool hours  
and for parties of 20 or more \$35/hour

Nutrition room \$35/hour

Gym \$50/event

Gym events require a \$50 refundable cleanup deposit and an additional daily fee if they are after hours or if the kitchen is needed

Ask about our special senior,  
military, teacher discount

## Hours

Mon thru Thurs 7 a.m. to 9 p.m.  
Friday 7 a.m. to 8 p.m.  
Saturday 8 a.m. to 1 p.m.



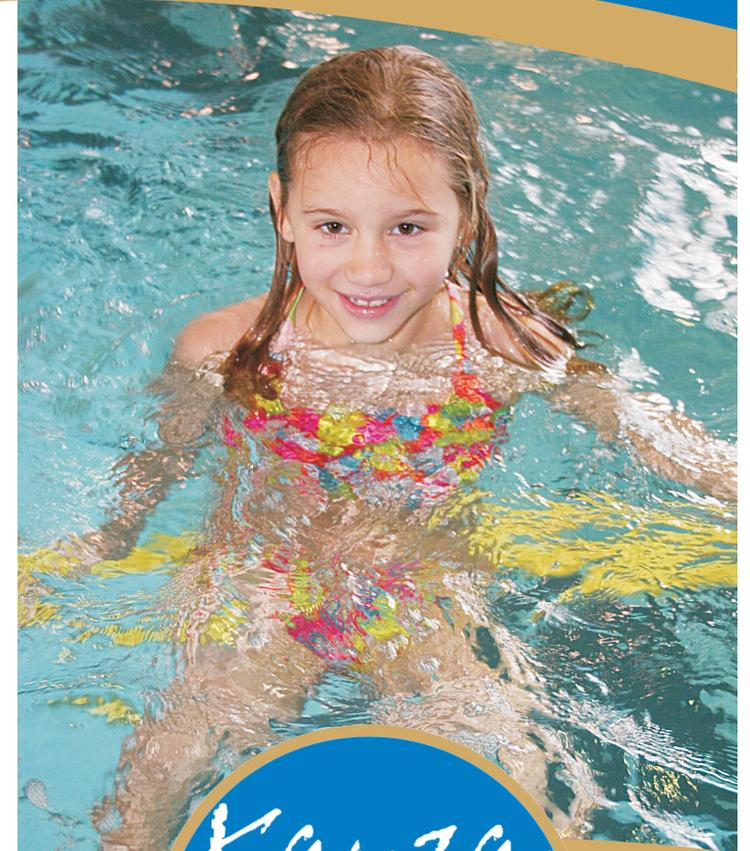
Come and enjoy our friendly fitness center, where exercise is not only beneficial but also very enjoyable.

Don't waste another day.  
Your health is too important.



Kanza Wellness Center  
3201 East River Road  
P.O. Box 474  
Newkirk, OK 74647  
Office 580-362-1444  
Fax 580-362-1069

# Making your health our priority



# 580-362-1444

# Make a commitment to your health

We are ready to guide you and inspire you to better health and to a better life.

There is no single act to enhance resistance to illness and increase longevity better than exercise.



By joining the Kanza Wellness Center, you are making a commitment to your health. There are many services you will have at your disposal, including state-of-the-art equipment in our cardio and fitness rooms.

## Other features include

Cable TV and sound system

Indoor heated pool

Event facility rentals

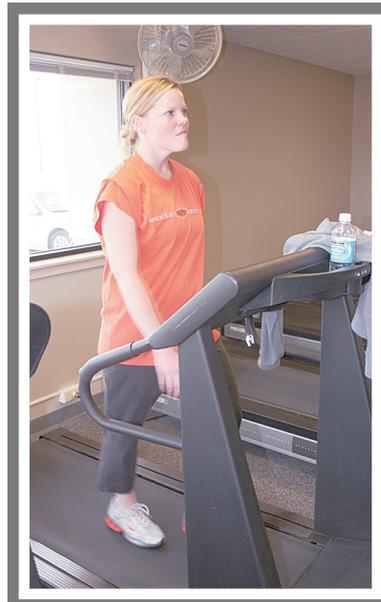
Fitness literature



Owned and operated by the Kaw Nation, the **Kanza Wellness Center** is dedicated to the health and wellness of tribal members and the other community members we serve.

Located in Newkirk, Okla., and featuring an indoor pool, the latest in fitness classes, personal training, weights and cardio equipment, we are here to help you reach your individual fitness goals.

Our highly trained staff carries certifications in a wide range of disciplines including pilates, yoga, aquatics, group fitness, personal training, nutrition,



lifeguard and CPR/First Aid. Our staff is also available for public speaking concerning the Wellness Center, fitness tips and other health-related matters.

Our pool, gym and education room are available for rent for meetings, parties or gatherings. Contact us at 580-362-1444 for details.

Visit our website for more information or to download a membership application. Go to [www.kawnation.com](http://www.kawnation.com). Under “**Departments and Services,**” click on “**Kanza Wellness Center.**”