

Countdown Passes

5 Visits (\$9 per visit)	\$45
10 Visits (\$8 per visit)	\$80
25 Visits (\$6 per visit)	\$150
50 Visits (\$5 per visit)	\$250

Day Passes are regularly \$10 per day

Visits do not expire!

No annual agreement!

Full access to facility including classes!

(excludes QuestFit)

Class Passes

10 classes + 1 class FREE	\$45 \$4.50 per class
15 classes + 1 class FREE	\$60 \$4 per class
25 classes + 2 classes FREE	\$75 \$3 per class

Class Passes are regularly \$5 each for non-member

Passes can be redeemed for any group fitness class we offer

(excludes QuestFit)

Floor Membership

Allows for use of the main level fitness floor, lockers & wet area only.

Individual

\$35

Spouse

\$22

(of individual member)

Young Adult - ages 18 to 25

\$15

(of individual member)

Child - ages 8 to 17

\$10

(of individual member)

*regular joining fees apply

Family Plans

Individual

Spouse

2 Children (ages 8 to 17)

\$50 joining fee with 1 year agreement

\$108/month

Senior (62+)

Senior Spouse

\$25 joining fee with 1 year agreement

\$61/month

*regular joining fees apply with 3 or 6 month agreement

*no corporate rates for Floor Membership or Family Plans

Corporate

Heart Check Profiles

Heart Check Profiles consist of total Cholesterol, HDL, LDL, Triglycerides, and Glucose.

Wellness Packages are available for corporates upon request. Call Lori Starnes at (828)757-6220 for more information.

Corporate Memberships

Quest4Life offers an open enrollment period in which joining fees are waived, as well as a discounted monthly rate

Please call Pam Annas at (828)758-8753 for more information or if you would like to set up a corporate membership.

Track Membership

\$27 per month for Individuals

\$20 per month for Spouses

(under an individual)

The track membership allows you to utilize the track and lockers only.

An agreement for 3, 6 or 12 months and joining fees will apply.

JOIN NOW!

Joining Fees

	3 Months	6 Months	1 Year
Individual			
Spouse	\$100	\$75	\$50
Student	\$30	\$30	\$30
Child	\$30	\$30	\$30
	\$15	\$15	\$15

Membership Fees

Individual

\$52

Spouse

(of individual member)

\$31

Young Adult - ages 18-25

(of individual member)

\$25

Child - ages 8 to 17

(of individual member)

\$15

*additional children will be \$10 each monthly

Senior - ages 62 and up

\$39

Senior Spouse

(of senior member)

\$22

Comprehensive Fitness Evaluation

Exercise program development and supervision by professional, medically-oriented staff

Open hours staffed by trainers with 4 year degrees

Indoor Walking/Jogging Track

Men's and Women's locker rooms equipped with steam room, sauna, and whirlpool

Group Fitness Classes

Health Promotion Classes

Childcare service for children ages 3 months to 11 years (fees apply)

Fitness programming for kids

Saunas and steam rooms are temporarily closed.

Quest4Life
WELLNESS CENTER

A Division of Caldwell Memorial Hospital



1031 Morganton Blvd SW

Suite A

Lenoir, NC 28645

(828) 758-8753

Facility Hours:

Mon.– Thu.: 5:30 am - 9:00 pm

Fri.: 5:30 am - 7:30 pm

Sat.: 8 am - 5 pm

Sun.: 1 pm - 5 pm

Our mission is to promote healthy lifestyles for our community using a balanced focus on health, nutrition, fitness, and knowledge in a medically-affiliated wellness center.