



## 24/7 Fitness Center

### Staffed Hours:

**Mon:** 12:00pm - 8:00pm

**Wed:** 12:00pm - 8:00pm

**Fri:** 12:00pm - 8:00pm

*\*24/7 Access for all members\**

Schedule an appointment today to tour the Fitness Center and to create a success plan to achieve your goals.

Phone: **715-693-3913**

Email: [ehccwmai@mtc.net](mailto:ehccwmai@mtc.net)

Website: [www.GetConfident.net](http://www.GetConfident.net)

Facebook: [www.facebook.com/  
EliteHealthClubMosinee](http://www.facebook.com/EliteHealthClubMosinee)

Elite Health Club is a safe, clean, and affordable health club with the sole focus to help its members achieve their health goals. Our success is measured only by our members success.

Value Your Health and Wellness. Be the best you can be for yourself and for those closest to you. Let us help you achieve your lifestyle goals.

Our fitness center offers a full range of cardiovascular and strength training equipment including Nautilus® selectorized machines, free-weights, top-of-the-line Woodway® treadmills, elliptical machines, stair-stepping machines, and stationary bicycles.

Fitness Training programs and classes are available for all ages.

- \* Full-Range of Nautilus® Equipment
- \* Locker Rooms with Showers
- \* Sauna
- \* Tanning Beds
- \* Fitness Classes
- \* Yoga Classes
- \* Martial Art Classes
- \* Silver Sneaker Program Certified
- \* Personal Training Available
- \* 24/7 Keycard Access

***“For a Healthier You”***