



MEMBERSHIP OPTIONS

"WELCOME TO THE CLUB" INTRODUCTORY MEMBERSHIPS (FOR BRAND NEW MEMBERS ONLY)

3 months full-access	\$289
3 months off-peak	\$209

These memberships expire 3 months from the day you join.

MONTHLY EFT MEMBERSHIPS

<i>Membership Type</i>	<i>Individual</i>	<i>Corporate</i>
Full-Access	\$115/month	\$105/month
Off-Peak	\$90/month	\$80/month

First & Last month's dues collected when joining

NON-MEMBER OPTIONS

11-visit Punch Card	\$165
Single Adult Visit	\$25
Single Child Visit (must be accompanied by an adult if under 18)	\$15

HOURS OF OPERATION

Monday through Friday	5 am – 9 pm
Weekends	7 am – 9 pm
Holidays	8 am – 8 pm

OFF-PEAK HOURS

Monday through Friday	8 – 11:30 am 1 – 4:30 pm 6:30 – 9 pm
Weekends/Holidays	No restriction



FITNESS SERVICES

ONE ON ONE TRAINING & COACHING

<i>Jump Starter</i> (30 min consult and two 30 min training sessions)	<i>Member</i> \$149	<i>Non-Member</i> \$159
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PREPAID OPTIONS

<i>30 Minute Sessions</i>	<i>Member</i>	<i>Non-Member</i>
1 session	\$60	\$65
5 sessions	\$270	\$295
10 sessions	\$510	\$555
15 sessions	\$720	\$780
20 sessions	\$900	\$975

<i>60 Minute Sessions</i>	<i>Member</i>	<i>Non-Member</i>
1 session	\$85	\$95
5 sessions	\$400	\$450
10 sessions	\$765	\$855
15 sessions	\$1,085	\$1,210
20 sessions	\$1,360	\$1,425

*All packages must be paid for in advance of scheduling your training sessions
12- hour cancellation policy*

GROUP EXERCISE CLASSES

Wave offers a variety of fitness classes throughout the week that are complimentary to members and \$20/class for non-members.

Visit www.wavehealth.com
for the latest schedule.

Please sign up for classes in advance as space is limited. You may call starting at 10am the day prior to sign up for the following days classes.

PHYSICAL THERAPY

The Boston Center for Physical Therapy is happy to offer physical therapy services at Wave.

For more information please call the BCPT office at (617) 269-6262 or check www.bostoncenterpt.com