

# Wellness Centers



24/7 availability with a one-month pass

Call toll-free: **833-546-4867** | Email: **NCPAWellnessCenters@upmc.edu**

## MEMBERSHIP RATES

	1-Mo.	3-Mo.	6-Mo.	12 Mo.
Individual	\$52	\$150	\$292	\$513
Couple/*Buddy	\$76	\$216	\$414	\$718
Family	\$93	\$260	\$496	\$874

**BUDDY PASS:** Bring a friend and split the cost.

**FAMILY PASS:** Available for anyone residing in the same household.

### PASS OPTIONS:

**Day Pass:** \$8

**One-Week Pass:** \$16

### MONTHLY AND THREE-MONTH RATES:

**Senior:** \$35/month or \$84 for 3 months

**Student:** \$35/month or \$84 for 3 months

**Military:** \$35/month or \$84 for 3 months

## UPMC COLE EMPLOYEE PRICES

	3-Mo.	6-Mo.	12-Mo.
Individual	\$64	\$122	\$212
Couple	\$115	\$223	\$383
Family	\$152	\$292	\$508

## BODY ANALYSIS

\$5

## PERSONAL TRAINING

**1 hour:** \$30

**6 one-hour sessions:** \$170

**30 minutes:** \$16

**6 half-hour sessions:** \$85

## COUPLE/BUDDY SESSIONS

**30 minutes:** \$24.50

**1 hour:** \$45

## EXERCISE CLASSES

**1 class:** \$8

**Buy one, get one free:** \$68

(2 punch cards for 20 classes; each card = 10 classes)

Valid for all class types.

Class memberships are priced the same as gym memberships.

## COLD PLUNGE

### (PROMO APPLIED)

#### 5-Minute Plunge:

- 1 use: \$10
- 5 uses: \$42.50
- 10 uses: \$75
- Unlimited monthly: \$110

#### 10-Minute Plunge:

- 1 use: \$12.50
- 5 uses: \$55
- 10 uses: \$100
- Unlimited monthly: \$140

## WELLNESS CENTER LOCATIONS

### UPMC COLE

1001 E 2nd St.  
Coudersport, PA 16915

#### Staffed Hours:

**Monday and Wednesday**  
6 a.m. – 4 p.m.

**Tuesday and Thursday**  
6 a.m. – 5 p.m.

**No Friday Hours**

### EMPORIUM HEALTH CENTER

288 Sizerville Road  
Emporium, PA 15834

#### Staffed Hours:

**Monday through Friday**  
6:30 a.m. – 2:30 p.m.

### BOWMAN HEALTH CENTER

83 S Marvin St.  
Smethport, PA 16749

#### Staffed Hours:

**Monday through Friday**  
6 a.m. – 1:30 p.m.

### PORT ALLEGANY COMMUNITY HEALTH CENTER

45 Pine St.  
Port Allegany, PA 16743

#### Staffed Hours:

**Tuesday and Thursday**  
8:30 a.m. – 4:30 p.m.