



**VIAROFIT**  
HEALTH + FITNESS

WELLNESS CENTER  
**INDIVIDUAL PLANS**

**Plans available in 3 or 12 month payment options!**

Contact our team for a complete list of plan services.

**1 YEAR**

**\$48** /month

**\$576/year**

**3 MONTHS**

**\$55** /month

**\$165/3 months**

- ✓ 7-day a week access—fully staffed
- ✓ Online class registration
- ✓ Check-in reports
- ✓ Studio, cycle, and yoga classes
- ✓ Mobile app
- ✓ Towel service & shower amenities
- ✓ Body composition & consult
- ✓ Nutrition coaching
- ✓ Personal training\*
- ✓ ViaroThrive wellness programs
- ✓ ViaroTherapeutics member pricing

Please be aware that all plans are set to auto-renewal unless we receive a 30-day notice indicating the desire not to renew. Payment options include cash or check for those opting to pay the full amount for each plan. Plans are billed monthly. \*See team for personal training prices.

**NON-MEMBER**

**\$8** SINGLE USE  
OF FITNESS  
CENTER



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**VIAROFIT WELLNESS CENTER**

- Open 7 days a week
- Instructor-led classes
- **State-of-the-art air filtration system**
- Free weights
- Cable machines
- Stair climber
- Treadmills
- Fully staffed
- Wheelchair accessible
- Locker rooms
- Showers
- Towel service
- Cycle Studio



**VIAROFIT**  
HEALTH+FITNESS

303 State Street | La Crosse, WI 54601  
608-782-5029

Questions? [fitness@viarohhealth.com](mailto:fitness@viarohhealth.com)



**PERSONAL TRAINING**

Certified personal trainers work with you to tailor a program that suits your goals and maximizes your potential. Our dedicated trainers are committed to guiding you every step of the way, ensuring a personalized and effective approach to reaching the next level of your fitness aspirations.

**CYCLE STUDIO**

Exercise at your own pace with our premium cycles for independent training, or opt for an invigorating experience from our diverse selection of certified instructor-led classes.

**FUNCTIONAL TRAINING CLASSES**

ViaroFit Functional Training offers a wide variety of programs designed to be efficient, effective, and enjoyable. Weekly variations in workouts aim to stimulate muscles in diverse ways, catering to individuals at all fitness levels.

**INTEGRATED CARE**

With ViaroHealth, additional options such as primary care, therapeutics, and behavioral health are just a step away for complete wellness.

[viarohhealth.com](http://viarohhealth.com)