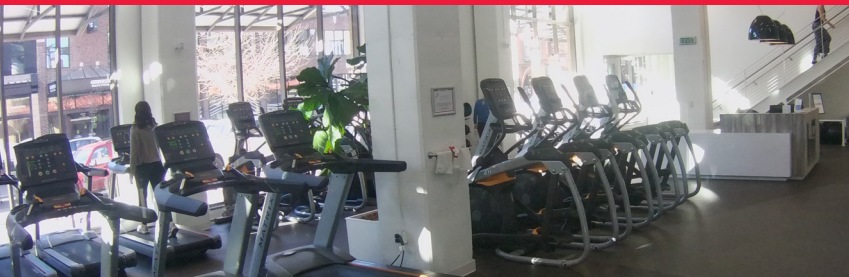


# VIAROFIT

**Staying active isn't  
just a good idea -  
it's a smart idea.**



## ViaroFit Wellness Center Access

The 9,000+ square foot ViaroFit Wellness Center in the heart of La Crosse is open seven days a week, providing free weights, cable machines, stair climbers, treadmills and more.

## Personal Training

Certified personal trainers work with you to take your wellness and fitness journey to the next level.

## Health Coaching

Our certified health coaches provide constructive guidance toward wellbeing by helping to define personal goals, eliminate obstacles, establish direction, and reinforce positive lifestyle choices.



## Cycle Studio

Train independently on top-quality cycles, or choose from a wide range of classes led by certified instructors.

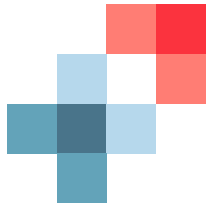
## Functional Training Classes

ViaroFit Functional Training will help you progress through an eight-week program to improve your fitness level. Workouts and repetitions change weekly to stimulate muscles in different ways. This program works with every fitness level, from beginner to well-trained.



VIAROHEALTH  
Individual Plans

**Questions? Contact Our Team**  
**(608) 668-2111**  
[joinus@viarohealth.com](mailto:joinus@viarohealth.com)



# VIAROFIT

## Wellness Center Individual Plans

Contact our team for a complete list of wellness services.

<b>ViaroFit Plus</b> <b>\$40</b> per month		<b>ViaroFit Platinum</b> <b>\$48</b> per month
✓	Seven-Day a Week Access - Fully Staffed	✓
✓	Online Class Registration	✓
✓	Check-in Reports	✓
\$5 per class	Studio, Cycle & Yoga Classes	✓
✓	Mobile App	✓
✓	Towel Service & Shower Amenities	✓
\$5	Body Composition	\$5
Discount	Health Coaching	Discount
Discount	Nutrition Coaching	Discount
Discount	Personal Training	Discount
✓	ViaroThrive Wellness Programs	✓
✓	ViaroTherapeutics Member Pricing	✓

✓ Services included in plan

<p><b>Non Member</b></p> <p><b>\$8</b></p> <p>Single Use of Fitness Center</p>	<p><b>Studio Classes</b></p> <p>\$8 per class</p> <p>\$32 - 5 class package</p> <p>\$62 - 10 class package</p> <p>\$120 - 20 class package</p>
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## VIAROHEALTH

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