

Scholarships Available

Membership Fee Schedule

	CITY RESIDENT	NON- RESIDENT
Daily		
Youth	\$3	\$4
Adult	\$6	\$8
Senior	\$5	\$6
Individual		
6 months		
Adult (18-49)	\$198	\$227.70
Senior (50+)	\$165	\$190.30
12 months		
Adult	\$264	\$303.60
Senior	\$198	\$227.70
Monthly		
Youth	\$27	\$33
Adult	\$39.60	\$46.20
Senior	\$33	\$38.50
Family-max/2 children*		
Monthly	\$66	\$79.20
Extra Children*	\$10	\$12
6 months	\$297	\$341
12 months	\$396	\$456.50

No contracts!



City of Columbia Parks and Recreation
 Charles R. Drew Wellness Center
 2101 Walker Solomon Way
 Columbia, SC 29204



CHARLES R.

DREW

Wellness Center



Your Beacon of Wellness

803 545 3200
www.drewwellnesscenter.com

Start! Fit Friendly



We're here to help you reach your goals...

Our goal is to help you take responsibility for your health. We are able to provide direction to improve your health, prevent illness and injury.

The Charles R. Drew Wellness Center is a place for family enjoyment and personal conditioning for people of all ages and abilities. The experienced staff maintains the Center's core values of developing balanced healthy lifestyles, by focusing on the intellectual, social, emotional, spiritual and physical dimensions of wellness.

A go forward plan...

Join the Charles R. Drew Wellness Center. We have a membership sized right for your budget and lifestyle.

Choose from a wide range of classes to suit your fitness needs and goals. The Charles R. Drew Wellness Center offers some of today's hottest exercise programs - Spinning, Kickboxing, Cardiofusion, Tai Chi and Zumba.

Classes are held Monday - Friday starting at 5:45 a.m. to 6:30 p.m. Come in today to find out how you can reach your goal of optimal well-being.

Recognized by the American Heart Association

Platinum Level City

2008 and 2009

Individual or Group Personal Training

Our certified trainers can provide specialty training for special occasions:

- Parties
- Reunions
- Weddings
- Total Makeovers

Our certified experienced instructors will take you on a 45-minute physical and mental journey, in some cases complimented by high energy, motivational music. A personal fitness plan can be outlined for you. Personal training sessions are designed to fit your schedule, budget, and life.

Yoga

Shell-Marie Boyer: AFAA, Hatha Yoga certified

Spinning

Lisa Dixon: Kickboxing certified, Taerobics certified

Pilates

Christine Funchess: SCW Fitness

Cardiofusion, Hi/Lo Impact, Tight 8 Toned

Kimberly Samuel

Step Aerobics, Kickboxing

Geraldine Washington: AFAA, LMSW

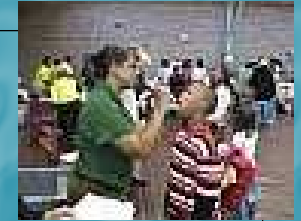
Personal Trainers

Bert Bailey, AFAA

Stefan Walker, Expert Ratings

Barbara Yoder, AFAA

Support...
our partnerships
benefit you!



At the Charles R. Drew Wellness Center, we recognize healthy living is a constant challenge. We are dedicated to improving the quality of life for all citizens while helping to reduce healthcare costs. Health screenings are offered throughout the year in partnership with community agencies committed to providing you with information to make the best health choices.

The following private-public partnerships enable the Charles R. Drew Wellness Center to provide unique exercise and nutrition programs to our members at no cost:

- American Red Cross
- Hospice Care of Tri-County
- Palmetto Health
- Planned Parenthood
- S.C. Department of Health and Environmental Control
- University of South Carolina School of Medicine

Be it blood pressure screenings, health fairs, brown bag lunch seminars, nutritious cooking classes or stress management, there is always something new happening at the Charles R. Drew Wellness Center.

Hours of Operation

Monday - Thursday	5:30 am -	9 pm
Friday	5:30 am -	8 pm
Saturday	8:am -	6 pm
Sunday	2:pm -	6 pm