



# SKAALLEN THERAPY AND WELLNESS CENTER

*Skaalen can help you get better faster!*

## WELLNESS CENTER

Independent Members Monday through Friday 8:00 a.m. – 4:00 p.m.

**PERSONAL TRAINING:** (\$50.00 per session for 10 Sessions) **\$500.00**

### Campus Residents

Individual \$40.00

Up to 4 classes per month (in addition to membership) \$20.00

### Assisted Members

2-days per week by appointment \$45.00

3-days per week by Appointment \$50.00

### Non-Campus Residents

Individual \$45.00

Up to 4 classes per month (in addition to membership) \$20.00

### Assisted Members

2-days per week by appointment \$50.00

3-days per week by Appointment \$55.00

## WARM WATER THERAPY POOL

Monday through Friday 8:00 a.m. – 4:00 p.m.

### Campus Residents

Daily \$5.00

Ten Sessions \$45.00

Unlimited use for one month \$50.00

### Non-Campus Residents

Daily \$5.00

Ten Sessions \$50.00

Unlimited use for one month \$55.00

## CLASSES

### Campus – or Non Campus Residents

Strength Training (per session) \$7.00  
Friday 12:15 – 1:00pm

Water Aerobics (per session) \$7.00  
Monday and Wednesday 12:15 – 1:00pm

For more information on any of the above services  
Please call Skaalen Therapy & Wellness Center at 608.873.5651 ext 7372  
400 North Morris Street Stoughton, Wisconsin 53589