



midwest

FITNESS CENTER

1 Medical Center Drive, Galena, IL 61036 | **815-777-4960**

Effective October 1, 2025

Fitness Center Membership Pricing

Basic Fitness Membership	\$40 / month
Senior / Corporate Basic Membership	\$38 / month
<i>Family Memberships available. Please inquire.</i>	
Walking Track Only Membership	\$21 / month
Daily Pass	\$10

Personal Training Pricing

Single Session	\$38 / 25 Minutes
6 Session Package \$201	\$34 / 25 Minutes
12 Session Package \$376	\$31 / 25 Minutes
24 Session Package \$652	\$27 / 25 Minutes
Single Session	\$63 / 50 Minutes
6 Session Package \$346	\$58 / 50 Minutes
12 Session Package \$627	\$52 / 50 Minutes
24 Session Package \$1003	\$42 / 50 Minutes
Jump Start	\$77
Includes meeting with a trainer three times	
TeamBuildr	\$46 / Month

Class Pricing

Class Fee	\$10 / class
Punch Card / 10 Class Bundle	
Fitness Members	\$72
Non-Members	\$93

Class Schedule MMCGalena.org/MMCFitClasses

Download the [Midwest Health & Fitness App](#) to purchase and register for classes, or contact Midwest Fitness Center at 815-777-4960.

Stretch Pricing

Single Session\$41 / 30 Minutes
3 Session Package \$112.....\$37 / 30 Minutes
6 Session Package \$224.....\$37 / 30 Minutes

Single Session\$56 / 45 Minutes
3 Session Package \$153.....\$51 / 45 Minutes
6 Session Package \$291.....\$49 / 45 Minutes

Reiki Pricing

Single Session\$82 /45 Minutes
Single Session\$97 / 60 Minutes
Single Session\$112 / 75 Minutes



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Staffed Hours of Operation

Monday-Thursday

5:30 AM – 7:00 PM

Friday

5:30 AM – 6:00 PM

Saturday

7:00 AM – Noon

Sunday

Closed

24/7 Access may be requested.