



The Glidden Wellness Center opened in December 2014. Our center provides an environment designed to focus on your total well being.



**Open 24 Hours**  
**Free Wi Fi**  
**FM Cinema**  
111 Idaho Street  
Glidden, IA 51443

**Contact: 712-659-3010**  
**Email: [Mike@cityofglidden.org](mailto:Mike@cityofglidden.org)**

# Membership Options

## Membership Fees

Individuals must purchase a membership to gain access to the Glidden Wellness Center. Memberships are available at City Office and payable to City of Glidden between hours 8:00-5:00 pm Monday-Friday. Fees non-refundable.

### Individual (age 15+)

Fob (Key) - \$10.00

One Month - \$20.00

Six Month- \$80.00

Twelve Month- \$120.00

**Senior 60+**  
Twelve Month- \$100.00

Guest Fee- \$3.00



*Try one class FREE*

Class Drop In Fee \$5.00 non members

Class Size Limited –When offered  
Sign up at the City Office



## A Full Service Fitness Facility

With a weight area, cardio area, walking path, and area designated for our fitness room. Equipment included are three treadmills, five elliptical machines, Power 8 Cage Weight unit, Dual Stack trainer, Combo Pulley, 45° Back Extension, Leg Ext/Curl, and Dumbbell Rack/Benches.

