

Dunn County 2016 Wellness Provider List

Note: Reimbursement for services only -- products (equipment, clothing, food, dietary supplements) not allowed.

Provider	Services Available	Approximate Fees	Comments																				
Acupuncture Natural Care Center 1650 Hallie Road Chippewa Falls, WI 54729	Acupuncture. M-Th by appt.	\$85 – initial consultation/treatment \$60 – follow-up treatments	Email – acuncc@gmail.com Kari Laufenberg, LAc																				
American Taekwondo and Fitness 800 Wisconsin Street Eau Claire 715-552-2777	Martial Arts Instruction; Fitness M-F 5:30 – 7:00 pm	\$60/month adults (19+) \$50/month students and children	www.atf.nu hboese@atf.nu																				
Anytime Fitness 1700 Stout St. Menomonie 715-309-4441	24/7 access to Cardiovascular Equipment, Strength Training, Free Weights, Cardio Theater, Private Showers, Tanning & Classes	<table style="width: 100%; border-collapse: collapse;"> <tr> <td></td> <td style="text-align: center;">12 mo</td> <td style="text-align: center;">18 mo</td> <td style="text-align: center;">24 mo</td> </tr> <tr> <td>Single</td> <td style="text-align: center;">\$37.75</td> <td style="text-align: center;">\$35.05</td> <td style="text-align: center;">\$33.25</td> </tr> <tr> <td>Couple</td> <td style="text-align: center;">\$61.95</td> <td style="text-align: center;">\$57.00</td> <td style="text-align: center;">\$54.00</td> </tr> </table>		12 mo	18 mo	24 mo	Single	\$37.75	\$35.05	\$33.25	Couple	\$61.95	\$57.00	\$54.00	www.anytimefitness.com								
	12 mo	18 mo	24 mo																				
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Couple	\$61.95	\$57.00	\$54.00																				
Anytime Fitness Express 225 E Bremer Ave Ste 103 Colfax 715-962-3005	<u>Fitness:</u> Cardio, Strength, indoor cycling, personal training <u>Classes:</u> Stretching, Yoga 24/7 access to all Anytime Fitness nationwide.	\$39.95/month – 12 mo \$36.95/month – 18 mo 2 nd person discount / no enrollment on 1 st visit	www.anytimefitness.com 10% discount on membership dues for Dunn Employees																				
Aquacize Mayo Clinic Health System – Red Cedar Menomonie 235-5531	1 hour classes held MWF: MHS Pool: 6 am & 6 pm	\$30/4 consecutive weeks (Senior Discount \$27) \$25/8-punch card \$4.00/single time	Contact person: Sara Carstens (233-7779) Red Cedar Med Ctr Education Dept																				
Arknest Centre for Healing LLC N5339 370 th Street Menomonie 715-235-5560	M – F by Apt. Qigong classes, Hypnotherapy (Trauma, emotional/relationship issues, weight loss, depression, smoking), Reiki (energy healing, relaxing and therapeutic), Therapeutic Coaching	Qigong - \$10/class (1 st class free) Wellness Program Discount All therapeutic services – 1 st session FREE All Subsequent sessions \$40 reflecting \$20 discount	Ellen & David Liberto www.arknest.net info@arknest.net																				
Baldwin Area Medical Center Center for Personal Wellness 730 10 th Ave., Baldwin 715-684-3311	Cardiovascular Equipment, Weight Training, Free Weights, Classes, Pool and Free Toning Class. M-Th 5am–8pm; F 5am–6pm; S 8am - Noon	<table style="width: 100%; border-collapse: collapse;"> <tr> <td></td> <td style="text-align: center;">1 mo</td> <td style="text-align: center;">3 mo</td> <td style="text-align: center;">6 mo</td> <td style="text-align: center;">12 mo</td> </tr> <tr> <td>Adult</td> <td style="text-align: center;">\$35</td> <td style="text-align: center;">\$90</td> <td style="text-align: center;">\$150</td> <td style="text-align: center;">\$270</td> </tr> <tr> <td>Sr. (50+)</td> <td style="text-align: center;">\$30</td> <td style="text-align: center;">\$80</td> <td style="text-align: center;">\$135</td> <td style="text-align: center;">\$245</td> </tr> <tr> <td>Double - \$50</td> <td style="text-align: center;">Family - \$65</td> <td colspan="2" style="text-align: center;">Student (15+) \$25</td> <td></td> </tr> </table>		1 mo	3 mo	6 mo	12 mo	Adult	\$35	\$90	\$150	\$270	Sr. (50+)	\$30	\$80	\$135	\$245	Double - \$50	Family - \$65	Student (15+) \$25			Fitness Evaluation Fee: \$25—includes blood test. Family: 1 st person full fee, additional half price. www.baldwin-hospital.com . Classes also provided.
	1 mo	3 mo	6 mo	12 mo																			
Adult	\$35	\$90	\$150	\$270																			
Sr. (50+)	\$30	\$80	\$135	\$245																			
Double - \$50	Family - \$65	Student (15+) \$25																					
Barron Area Community Center 800 Memorial Dr. Barron 715-537-6666	Pool/Whirlpool/Sauna, Group Cycle Classes, Gym, Racquetball, Wallyball, Tennis, Elevated Walk/Run Track, Fitness Rm, Weight Equip., Free Weights, Aerobics-Floor & Water, AquaMassage,	Membership Options: Gold, Silver, Young at Heart, 3 Month, Punch Card, Student (college)	Meet with a membership coordinator to find the best option for you.																				
Benji Williford Chain Reaction Fitness, LLC 3044 Hartwood Drive Eau Claire 715-379-4249	One on One Personal Training Group Training Classes Boot Camp TRX Suspension Training	Check website for fees and more information	www.benjiwilliford.com																				
Bloomer Area Aquatic Center 1731 17 th Ave. - Bloomer 568-3483	Water Exercises, Fitness & Aquatic	Contact provider for fee schedule.	www.bloomerpool.com bchamber@bloomer.net																				
Body Focus 705 S Barstow Street Eau Claire 715-577-9841	Hours are by appointment.	Standard: Relaxation, Swedish, Deep Tissue 30 min \$45; 60 min - \$65; 90 min \$90 Specialty: Warm Stone, Bamboo, Pregnancy, Shiatsu, Thai, Couples(each) 30 min \$55 ; 60 min \$75; 90 min \$100	www.bodyfocusonline.com bodyfocusreceptionist@gmail.com \$10% off for Wellness Program																				
BodyWorks Athletic Club 3019 Schneider Ave. E, Suite D Menomonie 235-6106	Cardiovascular Equipment, Group Fitness Classes, Free Weights, Group Cycling, Sauna & Locker (Personal training, tanning & towel services for additional fees)	<table style="width: 100%; border-collapse: collapse;"> <tr> <td>Annual</td> <td style="text-align: center;">Paid in Full</td> <td style="text-align: center;">Paid Monthly</td> </tr> <tr> <td>Individual</td> <td style="text-align: center;">\$389</td> <td style="text-align: center;">\$36</td> </tr> <tr> <td>Couple</td> <td style="text-align: center;">\$605</td> <td style="text-align: center;">\$56</td> </tr> <tr> <td>Family</td> <td style="text-align: center;">\$713</td> <td style="text-align: center;">\$66</td> </tr> </table>	Annual	Paid in Full	Paid Monthly	Individual	\$389	\$36	Couple	\$605	\$56	Family	\$713	\$66	3 & 6 month memberships also available. Tanning not covered. Initiation fee contract \$30								
Annual	Paid in Full	Paid Monthly																					
Individual	\$389	\$36																					
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CHYI-SHYANG LIN 3321 Golf Rd Ste A; Eau Claire 832-1953	Acupuncture and Chinese Herbs M – F	\$65 - \$85 per visit	www.paullinacupuncture.com Optima Health & Vitality Center																				
Creative Wholeness Deborah Lilly 311 Parkview Ct. #4; Altoona 379-0304	Personal training, Massage, Nutrition, Stress Management, Secondary Trauma, Burnout Workshops, Class & Individual M – S 6am to 6pm	Fees depend on services from \$60 to \$150/hr	www.creativewholeness.webs.com dsillymab@gmail.com creatingwholeness@gmail.com/																				
Cross Fit Chippewa Falls & Menomonie	Personal Training, Fitness Classes, Athletic enhancement.	\$75 + per month depending on package / membership	www.Crossfit.com																				

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Curves for Women	Weight loss center for women, featuring Curves Complete – only program includes exercise, meal plans and coaching all in one place. 30 min. circuit training with computerized machines Curves Circuit with Zumba classes	Curves Complete membership	www.curvesforwomen.com
Deja Vue Salon & Spa 1700 Tainter St. Menomonie 235-9980	Massage Therapy (up to 13 different types) Hours: M - Th 10-8 F 10-5 S 9-2	30 min: \$35 60 min: \$55	Jodi Gilgenbach
Eau Claire Parks & Rec 839-5032	Deep Water Aerobics Classes and Shallow Water Fitness	8-10 week evening classes: \$60/session Held several times per year – call for details	Locations: North HS & South MS
Gold's Gym 3225 Lorch Ave. Eau Claire 715-552-4570	Circuit Training, Sports Special Training, Personal Trainer, Basketball, Volleyball, Health Assessment, Women's Workout Area, Juice Bar, Pool, Hot tub & Youth workout center Hours: M-F 5 am-11 pm Sa/Su 7 am-7 pm	\$59 Enrollment fee (1/2 off for County employees) \$39.99 per month	www.goldsgym-ec.com Nutrition & tanning not included. New tanning salon.
Healthful Solutions, LLC Jennifer Zech 424 Main St. (at The Core) Menomonie 715-505-4201	Clinical / Sports Massage Therapy; Personal Training (fitness) Hours: M-F 8am – 6pm (by appointment)	30 min: \$30 45 min: \$45 60 min: \$60 Personal Training: Single Session (1 hr) \$35 / Single Session w/2 people \$60	healthful_solutions@yahoo.com 715-505-4201
Highland Fitness Center 2221 East Ridge Center Eau Claire 833-2100	Group fitness, group training, semi-private training, personal training, free weights, sauna cardio equipment, towel/locker & weight loss	\$59 Enrollment Fee \$33/mo single membership \$59 down...1 st month Free	www.highlandfitness.com Zachary Gouff zgouff@highlandfitness.com
Hypnosis Center of Eau Claire The Omni Business Center @ Banbury Place; 800 Wisconsin St.; Bldg D-2, Suite 420; Eau Claire 715-552-5355	Hypnotherapy Hours: M-F 10:00 am – 8 pm	\$50 per session (regularly \$75) Now offering Smoking Cessation Program – Two full hours....one visit - \$199.00 / 90% success rate.	Richard Marano, Certified Hypnotherapist
Integrative Skincare 1030 Oak Ridge Drive Suite C Eau Claire WI 54701 715-829-3152	Massage acupressure, Nutrition Consultation Hours: M/T/Th 9:00 – 5:00, Fri 9:00 – 3:00	\$60.00 - \$105 per hour	Email: Integrativeskincare@charter.net
Isabell & Eve Therapeutic Massage 103 North Bridge Street Chippewa Falls 715-382-3392	Therapeutic Massage Therapy Hours: Monday 9 am – 5 pm; Tues. 8 am – 5:30 pm; Thursday 9am – 5:30 pm	30 min: \$45 60 min: \$60 90 min: \$80 *Initial visit for 60 min session - \$50	Summer Pena-Olson Isabelleandeve.t.massage@gmail
Jazzercise 1616 Bellinger St. Eau Claire 715-834-9844	Classes Include: Light, Regular and Circuit M, W, F @ 8:30am / M, T, W, Th. @ 5:30 pm Sat @ 8:30 am	\$32/month with first month being FREE Call to confirm class schedule.	Located at L.E. Phillips Senior Center www.jazzercise.com
Leissa's Hair Studio/Day Spa 226 E Main St. Menomonie 235-4700	Therapeutic Massage: Including Swedish, Trigger Point & Deep Tissue, Whirlpool Bath, Ion Cleanse Hours: M & F: 9-5, T-Th 9-8, Sa 8-2	30 min: \$45, 60 min: \$60, 90 min Deep Tissue: \$99 60 min. Decongesting & Tension Release Facial \$95	www.leissas.com
Life Time Fitness 675 Commons Dr. Woodbury, MN 55125	Fitness Center, massage, salon, weight loss, yoga, pilates, racquetball, gymnasium, pool, personal training. 8 am – 9 pm	\$694.20 (\$57.85 per month)	www.lifetimefitness.com Lora Sagstetter 651-730-6000
Lotus Spa/ Northern Pines Ent. 4956 Bullis Farm Road Eau Claire 835-1100	Bodywraps-detox; physician consultation & massage therapy. T-Th 10am-8pm; F 10am – 5pm S 9am-3pm	Prices vary per hour, posted online.	www.lotusspaeauclaire.com
Main St. Health & Fitness 310 Main St.; Menomonie 231-2348	24/7 Access, circuit & cardio equipment, free weights, personal trainers & fitness classes	Single - \$34/mo Couple - \$51/mo These are discounted rates for Family - \$60/mo county employees	Other Services: full tanning salon, personal training, additional discounts for pre-paid and contract terms. www.mainstreetfit.com
Mayo Clinic Health System HMR (Health Mgmt Resources) 733 W. Clairemont Ave. Eau Claire 715-838-6731	Weight Management Options: 1) Weight Wise (5-30 lbs to lose) 2) Healthy Solutions (35-45 lbs) 3) Moderate Risk (50-55 lbs) 4) High Risk (75-100 lbs) 5) Phone Program 6) Self-Directed 7) Kit Club (10% discount on meal replacements)	Fees vary based on treatment option. Includes 6-18 month maintenance.	<u>Free info sessions:</u> M/T 5:30 pm Eau Claire (call ahead). <u>HMR staff available in Men. at Luer/Midelfort Eye Care Ctr</u> (2409 Stout Rd) on T 1-7:15pm and Th 8am- 12:30 pm. <u>Weight loss class for Moderate Risk and Healthy Solutions in Menomonie @ 4:30 pm. on Tuesdays</u> <u>Maintenance class for High Risk, Moderate Risk & Healthy Solutions @ 6:00 pm. on Tuesdays</u>

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Mayo Clinic Health System Wellness Clinic 1221 Whipple St.; Eau Claire 838-6767	Massage Therapy (various types) Hours: M-Th 9 am-5:30 pm / F 9 am – 5 pm	30 min: \$41 45 min: \$50 60 min: \$58 90 min: \$85 Add hot stones: \$8	Certified massage therapists on staff www.luthermidelfort.org																				
Mayo Clinic Health System– Red Cedar Cardiac Rehab 2321 Stout Road Menomonie 233-7329	Fitness center for people with risk factors for Heart Disease 7am – 3pm – MWF 8:30 – 11:30am – T/TH	\$42.00 for 12 sessions (this is the Maintenance Program)	Jenny Johnson, RN Alexia Nelson, RN Supervisor Linnae Frank, Ex. Physiologist Johnson.jennifer5@mayo.edu																				
Mayo Clinic Health System– Red Cedar Therapeutic Massage 2321 Stout Rd. Menomonie 233-7740	Massage Therapy: Swedish, Myofascial Release, Trigger Point, Deep Tissue, Stretching, Sports, OB/Pregnancy & Infant. Available: M – F	30 min: \$40 45 min: \$50 60 min: \$60 90 min: \$90	Appts: 233-7740 www.mayoclinichealthsystem.org Red Cedar Physical Rehabilitation Gift certificates available No tips accepted Contact: Jodi Dotseth 715-233-7741																				
Menomonie Health & Natural Wellness 201 14 th St. NE Menomonie 235-1622	Massage Therapy, Zone Therapy (Foot Treatment), T.B.M. (Total Body Modification), Ashiatsu Oriented Bar Therapy, Bamboo Stick massage, Aromatouch Technique Hours: By Appointment	Massage: 30 min: \$20 60 min: \$35 90 min: \$50 Zone: 30 min: \$30 T.B.M.: 30 min: \$30 Aromatouch \$35 Ashiatsu \$50 Bamboo Stick Massage \$45	Mary Beth Lvoncek, Licensed Massage Therapist, Certified Zone Therapist, T.B.M Practitioner Located at owner's residence.																				
Menomonie High School Pool & Fieldhouse 1715 5 th Street W Menomonie 232-1197	Pool, Fieldhouse, Basketball & Weight Room during Open Rec, Jogging Track	Per Year: July 1 – June 30 \$100 Family \$50 Adult \$20 Student/Child	Fees listed are for Dunn County residents. Call for Open Rec hours. www.sdmaonline.com																				
Menomonie Parks & Rec Dept Wakanda Water Park 909 Pine Ave., Menomonie 232-5050	Water Park with water slide. Open Memorial Day to August 28.	<u>Season Pass:</u> Youth Adult Family City Residents \$40 \$50 \$100 Non-City Residents \$60 \$85 \$165	Season passes may be purchased at the City of Menomonie Rec Dept Office @ 1412 6 th St. (232-1664) Discounts for early purchase (1/1 to 5/20)																				
Nicole's Salon and Spa 303 S Barstow St Eau Claire	Massage	30 min: \$45 90 min: \$90 60 min: \$65	www.nicolesinc.com																				
Optimum Therapies 1309 Stout Road (across from Culvers) Menomonie 233-6230	Massage Therapy Hours: Monday thru Friday....by appt.	30 min: \$40 60 min: \$60 45 min: \$50 90 min: \$80	www.optimumtherapies.com																				
Planet Fitness 3015 E Hamilton Ave Eau Claire WI 54701 715-598-1602	Fitness Facility/Training & Hydromassage Hours: 24/7	\$10 per month + \$29 annual fee \$19.99 per month + \$39 annual fee	www.planetfitness.com Email: eauclaire-wi@planetfitness.com																				
Radiant Life Services 1700 Tainter Street , Ste C Menomonie 715-220-0032	New Life Weight Loss; Massage Therapy: (deep tissue, relaxation, hot stone), Acupressure, Reflexology, Aromatherapy, Craniosacral Hrs: M-F 9 am-7 pm & Sat by appt.	30 min: \$40, 60 min: \$65, 90 min: \$95	Tara Baier www.radiantlife.abmp.com																				
Red Cedar Chiropractic 2321 Hwy 25 N #6 Menomonie 231-4994	Massage Therapy Hours: M-F 9am-6pm	30 min: \$38 45 min: \$49 60 min: \$58 90 min: \$78	Molly Mattson, Certified Massage Therapist www.redcedarchiro.com																				
Red Cedar Support Services 529 N Broadway Menomonie 715-977-1050	Hypnotherapy/Guidance for smoking, weight, fears, phobias, PTSD, etc. Hours: daytime, evening & Sat (all by appt)	\$60 per session with a free follow up if needed. \$20 discount for post traumatic stress for all Law/Fire/EMT	www.redcedarsupport.com																				
Red Cedar Trail Menomonie 235-1425	Biking, Cross Country Skiing	Season Pass: \$20	Includes Hoffman Hills & all State Trails. No pass needed for walking only.																				
Rena's Therapeutic Massage & Bodywork Elmwood, WI	Massage & hot stone therapy	30 min: \$40 90 min: \$65 60 min: \$55 120 min: \$80	www.renaestohr-therapeutic.massagetherapy.com																				
Riverwood Therapeutic Massage 815 E Main (Helios Center) Menomonie 715-556-0227	Therapeutic Massage: Swedish, Hot Stone, Deep Tissue, Pregnancy, On Site Chair (\$1/min) Hours: M-F 8 am – 6 pm (by appointment)	<table style="width: 100%; border-collapse: collapse;"> <thead> <tr> <th></th> <th style="text-align: center;">Swedish</th> <th style="text-align: center;">Hot Stone</th> <th style="text-align: center;">Deep Tissue</th> </tr> </thead> <tbody> <tr> <td>25 min</td> <td style="text-align: center;">\$35</td> <td style="text-align: center;">-</td> <td style="text-align: center;">\$45</td> </tr> <tr> <td>40 min</td> <td style="text-align: center;">-</td> <td style="text-align: center;">\$45</td> <td style="text-align: center;">-</td> </tr> <tr> <td>50 min</td> <td style="text-align: center;">-</td> <td style="text-align: center;">-</td> <td style="text-align: center;">\$65</td> </tr> <tr> <td>55 min</td> <td style="text-align: center;">\$55</td> <td style="text-align: center;">-</td> <td style="text-align: center;">-</td> </tr> </tbody> </table>		Swedish	Hot Stone	Deep Tissue	25 min	\$35	-	\$45	40 min	-	\$45	-	50 min	-	-	\$65	55 min	\$55	-	-	Carol Weinlein - WLMT Member AMTA since 1994
	Swedish	Hot Stone	Deep Tissue																				
25 min	\$35	-	\$45																				
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55 min	\$55	-	-																				

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Riverwood Therapeutic Massage (continued)		75 min - \$75 - 80 min \$85 - - Add \$5 for hot stones on back.													
Sacred Heart Hospital Center for Healthy Living 900 W Clairemont Ave. Eau Claire 715-858-1400	Community Health and Wellness Education Programs and Screenings	Most programs are fee of charge.	Contact Marcia Arneson www.sacredhearteauclaire.org marneson@shc.hshs.org 715-717-1400												
Sans Souci Massage Brenda Boettcher 927 Loring Street, Suite 4 Altoona, WI 54720 715-830-9890	Swedish Massage, Integrative Massage, Trigger Point Ashiatsu, Hot Stone Massage, Pregnancy Massage, Thai Yoga Massage, Craniosacral Therapy, Polarity Therapy, Reiki	<table style="width: 100%; border: none;"> <tr> <td style="width: 50%;">Massage & Bodywork</td> <td style="width: 50%;">Thai Yoga Massage</td> </tr> <tr> <td>30 min \$40</td> <td>90 min \$85</td> </tr> <tr> <td>45 min \$50</td> <td>120 min \$120</td> </tr> <tr> <td>60 min \$60</td> <td>150 min \$145</td> </tr> <tr> <td>90 min \$80</td> <td>180 min \$170</td> </tr> <tr> <td>120 min \$120</td> <td></td> </tr> </table>	Massage & Bodywork	Thai Yoga Massage	30 min \$40	90 min \$85	45 min \$50	120 min \$120	60 min \$60	150 min \$145	90 min \$80	180 min \$170	120 min \$120		Brenda Boettcher www.sanssoucimassage.com 715-830-9890
Massage & Bodywork	Thai Yoga Massage														
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90 min \$80	180 min \$170														
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Sarah Aiken-Felling 3120 Schneider Ave. Menomonie, WI 54751 715-232-8858 or 715-831-8998	Amma Massage Therapy, Avricular Therapy. Acupressive. Hours: Wednesday 12 – 7 pm; Friday – 9 am – 2:30 pm	\$35/30 min. \$60/60 min. \$85/90 min.	www.inspiredbalance.com Sarah Aiken-Felling												
Simpler Time 2010 Stout Rd., Suite D (westside of bldg) Menomonie 715-556-5102	Therapeutic Massage: Deep Tissue, Sports, Geriatric, Swedish/Integrative Massage. Hours: by appointment; evenings & Sat. available.	Integrative Full Body Massage: 90 min: \$70, 60 min: \$50, Specific Need Massage: 30 min:\$30 5-15 Min Massage - \$1.00/min Packages Available.	Kimberly Craig, Nationally Certified Massage Therapist \$5 off available for Dunn County employees												
Simply B – Brenda Boettcher 4302 Tower Drive Eau Claire 715-456-9567	Therapeutic massage (SDM, T.P. Therapy, MFR, Pre-natal nmt) Tues and Friday	\$45 per hr \$65 per 1-1/2 hrs	Brenda Boettcher B2hotdog@live.com												
Simply – Chiropractic Dr. Shane Peterson & Dr. Jeff Schemenauer 2303 Schneider Ave., Ste 150 Menomonie 233-1867	Medically supervised weight loss & vibration therapy. M/T/Th 8am – 6pm; W/F 8am – 1pm	Call for Details	Dr. Shane Peterson & Dr. Jeff Schemenauer www.simply-chiropractic.com www.simplyrevive.com												
Snap Fitness Eau Claire - 830-9999 Menomonie - 232-9999	Cardiovascular equipment, machines, free-weights; 24/7 Access.	Call for costs or go to website.	Monthly & enrollment fees reflect discount for Dunn County employees. www.snapfitness.com												
Stucky Chiropractic Center 2105 E. Clairemont Ave Eau Claire 715-835-9514	Ideal Protein Weight Loss Program, Nutritional Evaluation., Living Well Series Program., Physiotherapy, Massage Therapy, Orthotics, Premium Supplements., Family Care	\$100 for Living Well Series; Special group rates available; We accept all types of insurance. Hours: M,T,W 8am-6pm; Th 2pm-6pm F 8am – 5pm; S 8:30am – 10 am	www.stuckychiropractic.com												
TAI Arts 2103 South Broadway Menomonie 715-231-3060	Acupuncture, Chinese herbal medicine, Tai Ji Chuan, Tui-na massage M-F by appointment	\$50 initial consult or 1 hr treatment sliding fee up to \$45	Sensei Leland Brenholt ; M.S. L.Ac. brenholt_leland@hotmail.com												
Thin & Healthy's Total Solution 3019 Schneider Ave., Suite A Menomonie 715-309-2620	Weight Loss – Motivation – Movement Training M/W/F 8am – 7pm T/TH/S by appt.	Fees vary on member needs/goals. \$10 off/month See website	www.thinandhealthy.com tsteinlicht@highlandfitness.com Tanner Steinlicht 715-309-2620												
Time For You Massage 390 Red Cedar St.; Ste P (located at) 2820 Knapp St. (mailing address) Menomonie 715-308-1651	Therapeutic Massage, Swedish Deep Tissue, British Sports Massage, Acupressure, Aromatherapy, Hot Stone Therapy Hours: Mon - Fri by appointment	Massage: 30 min -\$25; 60 min-\$50; 90 min-\$73 2-hours \$98 Aromatherapy: 30 min-\$32; 60 min-\$50, 90 min-\$75 Hot Stone Therapy: 1 hr \$60; 1-1/2 hr \$80 These prices are for wellness program employees	Linda Stark, Massage Therapist one_healer@hotmail.com www.timeforyoumassageandbodywork@abmp.com												
Tranquil Link Massage 325 12 th St. SE Menomonie, WI 54751; 715-440-5095	Out call massage therapy, (in home) therapeutic massage. Deep tissue, pregnancy-swedish	By appointment. \$40/30 min.; \$50/45 min.; \$60/60 min.; \$85/90 min. 10% off for county employees	Email: Sherie.link@gmail.com												

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UW-Stout Pool & Fieldhouse 232-1392	Pool, walk/jog track/basketball courts, Tennis & volleyball courts with reservation Climbing Wall (additional fee)	6 mo: \$50 – Individual Senior \$35 3 mo: \$40 - Individual Senior \$25 1 mo: \$30 – Individual Senior \$15 Climbing Wall: (call for fee schedule) Additional \$5 added family member to the base cost.	Not available for use: weight training rooms or aerobics.
Weight Watchers 303 Oak Ave (Keyes Chevrolet) Menomonie	Local Meetings: (Keyes Chevrolet Meeting Rm) W 6pm S 9am (weigh-ins ½ hr earlier including on-line)	Pay as you Go: \$20 registration fee; \$13/wk. 17 Week Pass: \$194 (purchase 17 consecutive weeks; pass expires 17 weeks after purchase) Monthly Pass: \$42.95/mo. (renews on-line with credit card)	Call for recorded updated schedule and fee information and other locations: 1-800-651-6000
Wissota Fitness 16850 Cty Hwy X, Ste 2 Chippewa Falls 715-723-7006	Fitness, Massage Therapy, Body Detoxifying Hours: M/Th 7am- 8pm, F 7am–7pm S 8am–4pm Fitness 24 hr access.	Fitness \$22/mo, Massage 60 min: \$50, 30 min: \$35, 90 min: \$70 (buy 5 massages, get 1 free) Body Detoxifying: \$65 (6 for \$270)	Tanning not covered. www.wissotafitness.com
YMCA – Hudson 2211 Vine St.; Hudson 651-259-9651	Fitness, swim, child care, family activities M-F 5am –10pm / S 6am -9pm / Sun 6am -9pm	Fees vary by membership type	www.ymcatwincities.org
YMCA-Chippewa Valley 611 Jefferson Ave. Chippewa Falls 715-723-2201	Pool, Nautilus, Weight Room, Run-Walk Track, Gym, Racquetball, Child Care, Cardio Machines, Fitness/Aerobics/Strength classes, Yoga, Zumba, Cycling, Kickboxing & Massage Therapy	Annual Membership Monthly bank draft Adult: \$588 \$49 Family: \$756 \$63	Joiner fee (\$75) waived if membership does not lapse over 30 days. Membership must be paid in full or monthly bank draft plan. www.chippewaymca.com
YMCA-Eau Claire 700 Graham Ave. Eau Claire 836-8460	Lifestyle Fitness Centers, Group Exercise Classes, Weight Room, Indoor Track, 3 Gyms, 2 Pools, Paddle/Racquet/Handball/Tennis, Gymnastics, Locker Rms, Youth Adventure Rm, Camp Manitou	Monthly: Adult: \$49.75 Family: \$65.00 Senior & student rates available.	Joiner Fee for new & 30 day lapsed memberships: Adult & Family: \$65 New Members: Joiners fee plus one month dues. www.eauclaireymca.org
Young for Life Wellness Menomonie Goju Karate 1807A Wilson St. (lower level) Menomonie 715-556-4189	Karate classes (adults, teens, children) call or go to website for schedule Yoga and Tai Chi Instruction; Massage Therapy; and Acupuncture by appointment	Call for more Information	Travis Young www.menomoniegoju.com