



ROADMAP TO WELLNESS

Destination
WELLNESS

Upgrade your wellness with fee-based services:

- Personal Training: individual, semi-private, and group offerings
- Massage Therapy
- Nutrition counseling: individual and group offerings
- Performance Testing (VO2, MET, gait analysis)
- Fee-based classes

Come in to exercise on your own:

- Join our incentive programs for motivation and prizes
- Utilize FitLinxx to track your workouts electronically
- All cardio and strength equipment available

Schedule one or more free appointments to get started with a wellness professional:

- Fitness orientation
- Nutrition consultation
- Personal Training consultation

Unfreeze your membership or join UNC Wellness

- Call to schedule a tour to see how we are keeping members safe
- Visit an "Unfreeze" Friday. Check our website or call for program dates.
- Come in for a blood pressure check event (select dates)
- Join online at www.uncwellness.com

Schedule yourself for included offerings:

- Swim lane
- In-person group fitness classes
- Virtual group fitness classes

START

www.uncwellness.com | wellness@unch.unc.edu