

Membership

All full time A-State employees, dependents, spouses and retirees have access to a complimentary Red Wolf Wellness Membership!

- [Membership Benefits](#)
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Membership Benefits

Your membership includes:

- Unlimited Fitness Classes
- Full Access to the HPESS Wellness Fitness Center & Locker/Shower Facilities
- One Personal Training Session that includes a fitness and nutrition assessment
- Access to American Red Cross certification courses
- A Personal Profile through our Online Health, Fitness & Nutrition Platform
- Unlimited Coaching Support & Motivation
- Access to Health Education and Training Courses
- Biometric Screenings
- [Employee Assistance Program](#) through St. Bernards Counseling Center

How to Join

Fill out the [Membership Agreement](#) online.

Questions? Call 870.972.3974 or email Spencer Bradley at sbradley@astate.edu. Your first trip to the HPESS complex will include a tour of the facility.

Fill out your fitness release form here. <https://copilot.formstack.com/start-workflow/a397be18-6302-4890-b32e-be6c6b939c92>