

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

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