

Wellness Center at Mayo Clinic Health System in Cannon Falls

Membership Information

Mayo Clinic Health System is committed to building a healthier community. Keeping your body fit and your mind balanced will provide you with the energy you need to do the things you enjoy. Become a member today!

Membership Benefits

- Orientation with Wellness Center staff
- State-of-the-art cardio and strength training equipment
- Free weights, weight machines and other fitness equipment
- Open exercise area
- Sci-fit Recumbent steppers
- Select classes and programming
- HydroMassage (one 15-minutes session/day) – combines massage, heat and whirlpool therapies. You remain fully supported and clothed while powerful waves of heated water are directed toward specific areas of the body.

Wellness Center Hours*

Open 7 days/week, 6:30 a.m. to 7 p.m.

Contact Information

32021 County 24 Boulevard
Cannon Falls, MN 55009
507-263-9840

mayoclinichealthsystem.org/locations/cannon-falls/wellness-center

Membership Rates

Membership	
Billing Frequency	Cost
Month-to-month	\$30
Quarterly (every 3 months)	\$75
Annually	\$275

Daily Passes	
Daily Rate**	\$5
HydroMassage Session	\$8

Packages	
Package (10 visits)**	\$40
HydroMassage Package (10 sessions)	\$60

Payment methods include cash, check and credit card. Rates are subject to a 6.875% Minnesota sales tax and include a \$10 membership activation fee. Check with your health plan administrator to determine if you are eligible for a frequent fitness center reimbursement.

**Membership sales and programming only available during staffed hours or by appointment.*

***Does not include HydroMassage.*