

**NEVER
TOO
LATE**



**HERE'S
YOUR
CHANCE**



A BETTER YOU

Covington Fitness is a place for anyone looking to improve their physical fitness and maintain it over time. Regular physical activity is one of the most important things you can do for your health. Being physically active can improve your brain health, help manage weight, reduce the risk of disease, as well as strengthen bones and muscles.

It's never too late to get in better shape. Take the first step to building a better you by joining Covington Fitness today.

AFFORDABLE PLANS FOR EVERYONE

INDIVIDUAL PLAN

\$20
MONTHLY

FAMILY PLAN

\$50
MONTHLY

SENIOR PLAN

FREE*

*FREE WITH VALID INSURANCE PLAN
(SEE BELOW)

Proud partner of

SilverSneakers®

SilverSneakers® is designed for all levels and abilities and is offered at no additional cost to seniors 65 and older who participate in eligible Medicare plans. Check with your Medicare plan for eligibility.



CARDIO



FREE WEIGHTS



CABLE MACHINES



FREE WIFI



VENDING MACHINES



OPEN 24/7

Memberships must be paid by bank draft. No cash or credit card payments will be accepted. All new members must complete the Covington Fitness Enrollment Form to utilize the gym.

The Family Plan is for three or more immediate family members (spouse, significant other, or child).



CONTACT US
601-698-0320



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OPEN 24/7

covingtoncountyhospital.com/covingtonfitness