

Wellness Assessments at the Hamilton Rec Center

Membership Type	
CMU Student	FREE
CMU Faculty & Staff Membership	FREE
CMU Faculty/Staff non-member, Family/Alumni/Golden Scholar & MavClub Membership	\$40.00
General Public	\$60.00

Wellness Assessments are a free service available to current CMU students and CMU Faculty & Staff members. They are also available to CMU Faculty & Staff non-members, and Alumni, Family, Golden Scholar and MavClub members for a fee. A current membership is required in order to receive the discounted member's rate.

To schedule an appointment, please complete a *Wellness Assessment Request Packet* which can be obtained and submitted at the rec center front desk. Packets are also available online. Payment is also due at this time. Cash, Check and Credit Card are all acceptable methods of payment. All Services are non-refundable.

Clients will be contacted within one to three business days after they have submitted their packet to schedule their appointment.



We look forward to working with you to help you achieve your health and fitness goals. For additional information please contact the Manager of Wellness & Fitness at 970-248-1234 or email cmuwellness@coloradomesa.edu.