



Safe, Clean Facility

Locker Rooms with Showers

Comfortable, Friendly Environment

Cushioned Walking & Jogging Track

Certified Personal Training & Nutrition Program

Plans and Programs to Fit Every Budget

Fitness Center Memberships (Prices per month)		Personal Training** (Prices per Session)		
	Month-to-Month		One Hour	Half Hour
Single	\$34.99			
Joint	\$49.99	6 Sessions	\$65	\$42
Family	\$64.99	12 sessions	\$60	\$40
Salem Staff, Seniors (Over 60), & Students	\$24.99	24 sessions	\$55	\$37
Membership Initiation Fee is equal to one month's membership rate ** Save \$\$ with 2 People Training Together **				

Hours of Operation	
Monday – Saturday	5:30 am – 10 pm
Sunday	Noon – 10 pm

Alodia Fitness Center - 22601 Lutheran Church Road, Tomball, TX 77377

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