



Therapy & Fitness Center  
12 East Luray Shopping Center  
Luray, VA 22835  
PH: 540-743-8110

### CHAMBER OF COMMERCE RATES

Type of Membership	Monthly Rate
<b>Chamber Of Commerce Individual</b>	<b>\$25.00</b>
<b>Chamber Of Commerce Family</b> (Includes Children 18 and Under Still Living at home)	<b>\$45.00</b>
<b>Individual PIF</b>	<b>\$300.00</b>
<b>Family PIF</b>	<b>\$500.00</b>

*\* Initiation Fee Includes: During your initial visit, a certified instructor will perform baseline fitness testing (cardiovascular endurance, muscular strength, and flexibility), body fat analysis, and BMI. During your second visit, the instructor will set up an initial fitness program and perform a walkthrough of the fitness machines depending on your goals.\**

Any member wishing to pay within the center will be able to do so on or prior to the 10<sup>th</sup> of the month. After this time, the membership dues will be billed to the card on file. Any monthly member wishing to freeze membership must contact PMH Therapy and Fitness Center on or before the 10<sup>th</sup> of that month.

For any questions, please see an attendant.

**Hours of Operation**  
**Monday – Friday 5:00am – 9:00pm**  
**Saturday 8:00am – 6:00pm**  
**Sunday – 10:00am – 4:00pm**