



www.bridgetohealthnm.org

(505) 591-4200

628 Riverside Drive, Española

Cost should never be a barrier to healthy behavior, so let us know if you need financial assistance. We can slide your cost on most of our monthly passes and all courses based on household income. If cost is still prohibitive after sliding, ask about additional assistance.

Pricing

GROUP FITNESS CLASSES

Health Insurance Benefits:

- SilverSneakers & Prime: unlimited classes for \$10 monthly copay
- RenewActive: \$20 off any service (*Financial Aid*)
- Active&Fit, Silver&Fit PREMIUM: unlimited classes for \$10 monthly copay

Walk-in: \$10 per class

Studio pass: \$100 per month, unlimited classes (*Financial Aid*)

HEALTH BEHAVIOR CHANGE COURSES

- Motivation: \$30 (*Financial Aid*)
- Healthy Eating & Weight Management: \$250 (*Financial Aid*)
- Fall prevention \$100 (*Financial Aid*)

PERSONAL COACHING

- Four 30-minute sessions: \$120

Financial Aid Sliding Fee Scale

Annual Household Income	Studio Pass	Course Discount
\$ 60,000 +	\$100	0%
\$ 45,000 - \$ 59,999	\$90	10%
\$ 35,000 - \$ 44,999	\$80	20%
\$ 25,000 - \$ 34,999	\$60	30%
\$ 0 - \$ 24,999	\$40	40%

If the cost is still prohibitive, we have additional financial aid. We understand your financial records may not contain the entire picture of your financial needs. Please give us a written explanation of your current situation. Please note that a sliding fee and additional financial assistance will require proof of household income.