

# *Pennock*

## HEALTH & WELLNESS

### CENTER

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Hastings, MI. 49058

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Email: [wellness@pennockhealth.com](mailto:wellness@pennockhealth.com)

## 50% off initiation fee

for State of Michigan employees, upon showing your State ID card.

Cardiovascular and strength equipment,  
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aerobics, lap swimming & aquatic classes,  
group fitness, massage therapy,  
personal training and a complete line  
of programs, fitness expertise and on-going activities.

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