



The Glidden Wellness Center opened in December 2014. Our center provides an environment designed to focus on your total well being.



Open 24 Hours
Free Wi Fi
FM Cinema
111 Idaho Street
Glidden, IA 51443

Contact: 712-659-3010

Membership Options

Membership Fees

Individuals must purchase a membership to gain access to the Glidden Wellness Center. Memberships are available at City Office and payable to City of Glidden between hours 8:00-5:00 pm Monday-Friday. Fees non-refundable.

Individual (age16+)

Fob (Key) -	\$10.00
One Month -	\$20.00
Six Month-	\$80.00
Twelve Month-	\$120.00
Senior 60+	
Twelve Month-	\$100.00
Guest Fee-	\$3.00



Try one class FREE
Class Drop In Fee \$5.00

Minimum Class Size 6
Class Size Limited
Sign up at the City Office

Fitness Class

Stretch & Strength

This 60 minute class that includes an incredible muscle elongating stretch combining strength training and yoga poses with a bit of fun and sweat. Build muscle, strengthen your bones, and tighten your core while achieving a feeling of well-being. The class will have a variety of props including hand weights, ballet barre, ab mats, jump ropes.

Class time: 5:30-6:30pm Tues/Thurs
Instructor: Michelle Snyder
Free to Members



A Full Service Fitness Facility

With a weight area, cardio area, walking path, and area designated for our fitness room. Equipment included are three treadmills, five elliptical machines, Power 8 Cage Weight unit, Dual Stack trainer, Combo Pulley, 45° Back Extension, Leg Ext/Curl, and Dumbbell Rack/Benches.

