



## Membership Benefits

- 10%** discount at **Wagner's Run Walk** on regular priced merchandise and shoes
- Free** One hour session with Jason Aycock at Absolute Fitness, which includes consultation to achieve future goals
- Free** Annual Training Plan review with Brian Darr, Certified Coach - (205) 233-8733 (brian@briandarr.com)
- Free** New patient exam, plus **20%** off supplements at **Freeman Chiropractic** (205) 409-6333
- Free** first injury consultation visit and water table treatment with consultation from **Spine & Sport Chiropractic** (205) 345-8102
- \$20** off an "EW BODY" session (consists of soft tissue work, myofascial release, and stretching at **EW Motion Therapy** (205) 462-3097
- Free** **YMCA** will **waive** joiner's fee (205) 345-9622

### IV Therapy Membership:

- Track Club Officers: 50% (memberships range from \$60 to \$84/month)
- Track Club Members: 15% off
- Membership Details: <https://www.hydralivetherapy.com/memberships/>

### Standalone IV therapy treatments

- Track Club Officers and Members: 15% off (treatments start at \$30)
- IV therapy treatment Details: <https://www.hydralivetherapy.com/iv-therapy/>

images/membership/2018-Mem

---

*You must show your current Tuscaloosa Track Club Membership Card to receive the benefits listed above*

---

- Free** Summer Track Club Party
- Free** End of the Year Grand Prix Awards Banquet