

Minges Wellness Center

dedicated to medically based fitness, wellness, and preventive healthcare



We embrace the philosophy behind the growing hospital wellness and fitness center industry that promotes the “medical fitness difference”
- identifying and reducing health risks one person at a time through a combination

of programs and services available to the community.

Facility

- 9926 square foot Wellness Center with bi-spaced gym
- 236 foot rectangular indoor walking track
- Strength training center with 19 different exercises for full body workout including Hoist multipress equipment for inner/outer thigh, bicep/tricep, lat pulldown, leg press, leg extension/leg curl, back and ab, and free weights in increments to 50 lbs.
- Cardiovascular equipment including a minimum of 10 Life Fitness and Quinton treadmills, 5 Precor Elliptical Trainers, 8 Nusteps, 3-arm ergometers, 12 Schwinn Air Dynne bicycles, 2 recumbent Schwinn bikes, 1 rowing machine, 2 stair steppers, and an ab and back machine
- Certified fitness professionals on duty all hours.
- Cardiac telemetry for cardiac rehabilitation enrollees
- Group exercise gym with permanent bleacher seating
- Showers and locker rooms with daily towel service
- Wellness Center parking & covered canopy entrance
- Classroom and conference room for support groups and health education classes.

Membership

Wellness Center membership includes unlimited monthly use of the indoor walking track, participation in group exercise classes, and independent use of cardiovascular and strength training equipment during regular hours. All new members are offered individual fitness assessments at no charge. Lockers are provided for use each visit. Parking is provided in Wellness Center area with membership parking pass at no additional fee. All members are informed about screenings and health information classes. Youth memberships are for ages 10 and older and youth under age 14 must be accompanied by a parent-member at all times. Personal wellness profiles (full lipid panel) are also available for an additional fee. Ask about our personal coaching sessions with special low rates.

Membership Policy

All members will receive a membership card and must present the membership card at each visit to the Minges Wellness Center. Guests and new enrollees should check with the fitness instructor upon entering the gym. All members will be screened upon initial membership enrollment and physician permission may be required for some individuals.



Membership rates

The Minges Wellness Center requires no initiation fee. Rates are monthly and can be paid on a monthly basis. Discounts are provided for 6 month and one year commitments. All fees are non-refundable. Guest passes are \$10 for a three-day pass.

	<u>Monthly fee</u>
Individual	\$40**
1st family member*	\$30**
2nd family member *	\$15**
3rd (or more) family member(s)*	\$15**

*family members must reside in the household with the initial individual membership to qualify for discount.

**Advance payments of six months qualify for a 10% discount. Payments of 12 months or more qualify for a 15% discount.

Special corporate rates are available to groups.

Hours of Operation

Mondays, Wednesdays, Thursdays

12 Noon - 8 p.m.

Tuesdays & Fridays

8 a.m. - 8 p.m.

Saturdays

8 a.m. - 12 noon

Closed Sundays and all major holidays





Why Exercise?

Regular exercise is found to have a profound effect on a person's health status. Daily physical activity substantially reduces the risk of death from heart disease, the region's leading cause of death. It decreases the risk for stroke, colon cancer, diabetes, and high blood pressure. Exercise also helps to control weight; contributes to healthy bones, muscles, and joints; reduces falls among older adults; helps to relieve the pain of arthritis; reduces symptoms of anxiety and depression; and is associated with fewer hospitalizations, physician visits, and medications. We hope you will become a chronic exerciser. Call us today about joining the new, exciting, Minges Wellness Center.



exercise is strong medicine



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The Minges Wellness Center has been a member of the Medical Fitness Association since 1997. MFA is an affiliate of the American Hospital Association.



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