

MERCY WELLNESS CENTER

247-3066

Fax 643-8733

<http://www.mercydesmoines.org/services/wellnesscenter.asp>

GENERAL MEMBERSHIP ORIENTATION

HOURS

Fall, Winter, Spring Hours
(Labor Day to Memorial Day)

Monday – Thursday..... 6am-1am

Friday.....6am-10:30pm

Saturday.....8am-5pm

Sunday.....12pm-5pm

Summer Hours

(Memorial Day to Labor Day)

Monday – Thursday.....6am-1am

Friday.....6am-10:30pm

Saturday.....8am-1pm

Sunday.....Closed

Location: West Entrance of Hospital, A-Level. Free Parking: West Ramp off of 5th Avenue.

MEMBERSHIPS

Call 247-3066 to schedule a new membership orientation.

Mercy Employees:

Full-time and Part-Time: \$15 enrollment fee. \$6 per pay period.

Flexpool & PRN: \$15 enrollment fee. \$156 per year.

Immediate family members 16 or older in same household: \$15 enrollment fee.

\$7 per pay period or \$182 per year.

Mercy College Student:

\$15 enrollment fee. \$156 per year **OR** \$40 for 3 months.

Monthly:

\$15 enrollment fee. \$30 per month. Full use of facility is permitted.

Must have a doctor referral.

Pool:

\$15 enrollment fee. \$2 per visit. Use of facility is limited to the pool and whirlpool.

Must have a doctor referral.

Senior (age 50 and older):

\$15 enrollment fee. \$2 per visit. Full use of facility is permitted.

Must have a doctor referral.

SilverSneakers®:

Free for Humana Gold Choice Medicare Eligible health plan members.

Must have doctor referral.

Corporate:

\$15 enrollment fee. \$175 per year. Four or more from a pre-approved company.

Full use of facility is permitted.

There is a \$15 charge for changing membership types.

GUIDELINES

Membership Cards: Lost Cards \$3 for Replacement.

Exercise Room: Participants must be 6th grade or older to use the equipment. Shirt and shoes are required. No food and drink except for water.

Locker Room: Lockers are for use only while using the facility. Please lock up all items and remove membership card and items after each visit. Mercy is not responsible for any lost items anywhere in the center. Handicap locker room is available.

All members provide their own towels.

Rental Lockers: \$35/year, \$20/6 months, or \$1.50 per payroll period for employees.

**Pool &
Whirlpool**

There must be at least 2 people in the room to be in the pool or whirlpool.

Footwear is required to and from pool areas for infection control and safety. No diving or running in pool area. Parents must be in the pool area with children ages 12 and younger.

Please shower before using pool or whirlpool.

Emergencies: Activate red **“nurse call” button** in whirlpool, pool, racquetball court, gym, equipment areas or locker rooms to alert staff. If necessary, **call 3-2410**, ask for “house doctor” and give location and problem. In case of fire, pull alarm and **dial 799**. Mercy is not responsible for injuries occurring in the Wellness Center.

Terminations: If needing to terminate membership, you must return your membership/locker card with name, address, and phone number to staff at the front desk. **THERE ARE NO REFUNDS ON ENROLLMENT FEES OR MEMBERSHIP DUES.**
Monthly members: can put membership on hold for up to six months. Notify staff in writing with name, address and phone number, and how long you want to be on hold (up to 6 months). *
Employee members: Fill out at termination card at front desk. You must wait one year to rejoin as an employee member after terminating.
Pool, Senior, & SilverSneakers® members: if you have not participated in the Wellness Center in the last six months, please get a new referral from your doctor. If it has been longer than a year, please see Wellness Center staff. *
* If you have any accidents, illness, injuries, or surgeries, a new doctor referral is required.

Family Times: Immediate family members living in the same household (**spouse or children high school age and younger**) may join the member **7pm - 10pm Monday through Friday and on weekends** (class times in pool and gym have priority). Member must accompany and be responsible for any participating family member. Sixth grade and older may use equipment. Family time has no additional charge. (College students \$3 drop-in fee with valid student ID.) All guests must sign in at the front desk.

Guest Pass: \$5 per visit. 5 visits for \$15. Please purchase guest passes at the front desk. All guests must sign in at front desk. College students \$3 drop-in fee with valid student ID).

GENERAL INFORMATION

Massages: Enjoy a vigorous sports massage or relaxing deep tissue massage by our licensed massage therapists, Greg Seiler, L. M. T. and Jamie Beard, L.M.T. Reflexology, Swedish techniques, and Stones of the Earth therapy are also available. Gift certificates and payroll deduction available.

Monday.....	9 am - 2 pm & 5 pm – 8 pm	60 minutes --\$45
Wednesday.....	9 am – 6 pm	30 minutes --\$30
Thursday.....	2:30 pm – 6 pm	
Friday.....	5 pm – 8 pm	
Saturday.....	10 am – 5 pm	

Reiki Reiki is a very powerful but gentle healing method in which hands are placed above areas of the body to balance energies and help soothe physical, emotional, mental & spiritual pain. Tuesdays, 1 hour appointments at 5:30 PM and 7 PM. \$35/ hour.

Racquetball: Reservations can be made up to 3 days in advance by calling, or you can sign up by the racquetball court. Eye guards need to be worn. No black sole shoes. Please bring your own racquetballs, or purchase them from our pro shop.

Personal Training: Have you been thinking about getting a personal trainer? Contact the Wellness Center staff to get more information. Doctor referral is required for non-Wellness Center members. Small group training for 2 people is available (**discounts listed are per person**).

1 session w/fitness profile	\$40	
1 session w/o fitness profile	\$35	\$10 off per person for 2 people
4 sessions	\$100	\$20 off per person for 2 people
12 sessions	\$250	\$50 off per person for 2 people

Fitness Profile: Determine your fitness level and what areas you need to concentrate on in your exercise program. The five evaluations take about 30 minutes. Doctor referral is required for non-Wellness Center members. Fee: \$10 members and \$15 for non-members.

Body Composition: One measurement for \$5 or 5 times for \$10. Includes computer print-out. Doctor referral is required for non-Wellness Center members.